

Food Tech Year 9

Term 1 Theme: Intro to Healthy Eating.	Core Knowledge	Key Outcomes	Key Assessment
Key Learning/Links to NC	Pathway 1	Pathway 1	Pathway 1
<ul style="list-style-type: none"> • understand and apply the principles of nutrition and health • cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet • become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes] • understand the source, seasonality and characteristics of a broad range of ingredients 	Pathway 2	Pathway 2	Pathway 2
	Pathway 3	Pathway 3	Pathway 3
	<p>Using eggs and breakfast recipes</p> <p>To understand where eggs are from.</p> <p>To understand the different types of eggs that we eat and cook with.</p> <p>Look at the Eatwell guide, What is the Eatwell guide for? Why do we use the Eatwell guide as a mode for healthy eating?</p>	<p>To be able to use eggs in different ways eg boiled, scrambled, fried and poached.</p> <p>Skills – boiling, toasting, frying, scrambling.</p> <p>To be able to remove and tidy all items of equipment and clean work surfaces.</p> <p>Food Knowledge</p> <p>Understand how to improve/change dishes in regards to ingredients, preparation and cooking skills, eg grill not fry, low fats, low salt, more veg less meat etc.</p> <p>Read, understand, follow recipes</p> <p>Write a recipe listing ingredients, equipment and methods</p> <p>Weigh, Measure and Count</p> <p>Cook foods under a hot grill to toast, grill or melt, e.g. sausages.</p>	<p>Pupils will produce various dishes such as:</p> <p>Asparagus with scrambled eggs</p> <p>Eggs benedict</p> <p>Baked eggs with creamy leeks</p> <p>Full English breakfast</p> <p>Bagel with scrambled egg</p>

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Term 2 Theme: Nutritional packed	Core Knowledge	Key Outcomes	Key Assessment Piece
Key Learning/Links to NC	Pathway 1	Pathway 1	Pathway 1
<ul style="list-style-type: none"> understand and apply the principles of nutrition and health cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes] understand the source, seasonality and characteristics of a broad range of ingredients 	Pathway 2	Pathway 2	Pathway 2
	Pathway 3	Pathway 3	Pathway 3
	<p>To know how to make a healthy Packed lunches.</p> <p>To know how to store food to keep if fresh</p> <p>To understand that there are different type of Soup variations.</p> <p>Understanding the key elements of a soup base.</p> <p>Know the main food groups and their nutrients and how they contribute to a healthy diet. Understand the terms saturated and unsaturated fat.</p> <p>Understand how to improve/ change dishes in regards to ingredients, preparation and cooking skills, eg grill not fry, low fats, low salt, more veg less meat etc.</p> <p>Read, understand, follow recipes</p>	<p>To have the skills to make a nutritious packed lunch.</p> <p>To be able to wrap and store food to be eaten later.</p> <p>To be able to slice and chop a range of foods.</p> <p>Write a recipe listing ingredients, equipment and methods</p> <p>Weigh, Measure and Count</p> <p>Weigh foods</p> <p>Measure quantity using whole numbers and fractions eg 8 grapes, half onion.</p> <p>Clean</p> <p>Wash salad leaves in a bowl.</p> <p>Use damp cloth to wipe away dirt.</p> <p>Use apple corer.</p> <p>Drain away liquid from food in a can using a sieve, eg tuna/ sweetcorn.</p> <p>Use a vegetable or serrated knife to remove skin, e.g. orange or mango</p> <p>Use a juice squeezer to press eg lemon.</p>	<p>Pupils will produce various dishes such as:</p> <p>Turkey burgers</p> <p>Sausage and redcurrant pasta bake</p> <p>Stuffed aubergine with lamb</p> <p>Waldorf salad</p>

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		<p>Cut away skin using a sharp knife eg fish or chicken portions. Make Smaller Slice and dice an onion chopping finely with large knife. Crush garlic with the side of a knife to remove skin. Use a flat or hand held grater over a bowl, e.g. grating cheese into a scone mix. Use a knife to portion meat/ poultry.</p> <p>Puree a soup using a handheld blender in a saucepan. Stir hot dishes on the hob, ensuring that food does not burn or catch (keep food moving, ensure that heat is not too high) Use a balloon whisk to thicken cream.</p> <p>Plunge vegetables into boiling water to blanche, remove . Drain, Portion, Garnish and Dress Cut final dishes into equal portions. Dust a cake with icing sugar using a stencil. Use a piping bag and nozzle to pipe simple decorations, e.g. faces on gingerbread people.</p>	
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Term 3 Theme: Salad/ Bread	Core Knowledge	Key Outcomes	Key Assessment
Key Learning/Links to NC	Pathway 1	Pathway 1	Pathway 1
<ul style="list-style-type: none"> understand and apply the principles of nutrition and health cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes] 	Pathway 2	Pathway 2	Pathway 2
	Pathway 3	Pathway 3	Pathway 3
	Salads and dressings Bread making Know the main food groups and their nutrients and how they contribute to a healthy diet. Understand the terms saturated and unsaturated fat. Understand how to improve/ change dishes in regards to ingredients, preparation and cooking skills, eg grill not fry, low fats, low salt, more veg less meat etc. Read, understand, follow recipes Write a recipe listing ingredients, equipment and methods To understand different food sources. The nutritional value of Iron in our diet	How to wash and prepare salads, chopped salads. How to make a dressing. Skills- chopping, washing leaves and spinning dry. Making dough, nutritional value. Skills- kneading, proving, shaping. To be able to Weigh, Measure and Count Measure quantity using whole numbers and fractions eg 8 grapes, half onion. Wash salad leaves in a bowl. Use damp cloth to wipe away dirt. Use apple corer. Drain away liquid from food in a can using a sieve, eg tuna/ sweetcorn. Use a vegetable or serrated knife to remove skin, e.g. orange or mango Use a juice squeezer to press eg lemon. Cut away skin using a sharp knife eg fish or chicken portions.	Pupils will produce various dishes such as: Beef quarter pounders in rolls Spiced Lamb in pitta pockets Tex Mex tacos Pizzas

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<ul style="list-style-type: none"> understand the source, seasonality and characteristics of a broad range of ingredients 		<p>Slice and dice an onion chopping finely with large knife. Crush garlic with the side of a knife to remove skin. Use a flat or hand held grater over a bowl, e.g. grating cheese into a scone mix. Use a knife to portion meat/ poultry.</p> <p>Combine, Knead, Mash and Whisk Fold flour into a whisked mixture carefully, using a metal spoon or spatula. Knock back and knead and shape.</p> <p>Use hands to rub fat into flour until it resembles fine breadcrumbs ready for scones or pastry.</p>	
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Term 4 Theme:Pasta	Core Knowledge	Key Outcomes	Next Stage of Learning
Key Learning/Links to NC	Pathway 1	Pathway 1	Pathway 1
<ul style="list-style-type: none"> understand and apply the principles of nutrition and health 	Pathway 2	Pathway 2	Pathway 2
	Pathway 3	Pathway 3	Pathway 3
<ul style="list-style-type: none"> cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet 	Pasta making, cooking, different varieties. Buying and storing food.	How to make pasta dough. Use a pasta machine, understanding the different varieties. Skills- slicing, chopping, boiling. Understand how to improve/ change	Pupils will produce various dishes such as: Making pasta

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<ul style="list-style-type: none"> • become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes] • understand the source, seasonality and characteristics of a broad range of ingredients 		<p>dishes in regards to ingredients, preparation and cooking skills, eg grill not fry, low fats, low salt, more veg less meat etc.</p> <p>Read, understand, follow recipes</p> <p>Write a recipe listing ingredients, equipment and methods</p> <p>Understaning best before and use by dates</p>	<p>Open ravioli</p> <p>Spaghetti in Meatballs</p> <p>Ricotta and lemon ravioli</p> <p>Prawn linguine</p>
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Term 5 Theme: Meat	Core Knowledge	Key Outcomes	Next Stage of Learning
Key Learning/Links to NC	Pathway 1	Pathway 1	Pathway 1
<ul style="list-style-type: none"> • understand and apply the principles of nutrition and health • cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and 			

<p>others a healthy and varied diet</p> <ul style="list-style-type: none"> become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes] understand the source, seasonality and characteristics of a broad range of ingredients 	Pathway 2	Pathway 2	Pathway 2
	Pathway 3	Pathway 3	Pathway 3
	Meat, poultry & fish.	<p>Learning how to prepare different cuts of meats, boning, jointing a chicken. Preparing fish, filleting, pin boning, de-scaling. Hygiene and Safety Remove and tidy all items of equipment and clean work surfaces. Food Knowledge Understand how to improve/ change dishes in regards to ingredients, preparation and cooking skills, eg grill not fry, low fats, low salt, more veg less meat etc. Read, understand, follow recipes Write a recipe listing ingredients, equipment and methods Weigh, Measure and Count Weigh foods and use Tare to continue adding to the bowl Measure quantity using whole numbers and fractions eg 8 grapes, half onion.</p> <p>Drain away liquid from food in a can using a sieve, eg tuna/ sweetcorn. Use a vegetable or serrated knife to</p>	<p>Pupils will produce various dishes such as:</p> <p>Parma wrapped chicken</p> <p>Pan fried tuna and tarragon cakes with a tomato sauce</p> <p>Pan fried mackerel with a horseradish and potato salad</p> <p>Pan fried kentish pheasant breast with bread sauce, caramelised cob nuts and watercress.</p>

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		<p>remove skin, e.g. orange or mango Use a juice squeezer to press eg lemon.</p> <p>Cut away skin using a sharp knife eg fish or chicken portions.</p> <p>Chop an onion chopping finely with large knife.</p> <p>Use a knife to portion meat/ poultry.</p> <p>Blanche, Grill, Roast and Steam Plunge vegetables into boiling water to blanche, remove . Grill fish. Cook foods under a hot grill to toast, grill or melt, e.g. sausages. Poach a piece of fish in a little milk and/ or water, until it is completely cooked. Place chicken portions in the oven to roast, ensuring they are thoroughly cooked (juices run clear when pieced).</p> <p>Steam food using a traditional steamer on the hob, ensuring that it does not boil dry. Boil rice and leave to absorb. Drain, Portion, Garnish and Dress Cut final dishes into equal portions, e.g. lasagne into 8, pie for 7. Chill and Freeze Freeze cooked food correctly with date</p>	
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Term 6 Theme: Vegan, Vegetarian and Gluten free	Core Knowledge	Key Outcomes	Next Stage of Learning
Key Learning/Links to NC	Pathway 1	Pathway 1	Pathway 1
<ul style="list-style-type: none"> • understand and apply the principles of nutrition and health • cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet • become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes] • understand the source, seasonality and characteristics of a broad range of ingredients 	Pathway 2	Pathway 2	Pathway 2
	Pathway 3	Pathway 3	Pathway 3
	<p>To understand that some people are vegetarian and vegan. Identification, preparation and cooking. Understand how to improve/ change dishes in regards to ingredients, preparation and cooking skills, eg grill not fry, low fats, low salt, more veg less meat etc Understand the terms saturated and unsaturated fat. Food poisoning</p>	<p>Preparing and cooking different vegetables. To be able to prepare vegetarian and vegan dishes. Skills- boiling / steaming, chopping, peeling, baking. Hygiene and Safety</p> <p>Remove and tidy all items of equipment and clean work surfaces. Know the main food groups and their nutrients and how they contribute to a healthy diet.</p> <p>Read, understand, follow recipes Write a recipe listing ingredients, equipment and methods Weigh, Measure and Count Weigh foods</p> <p>Measure quantity using whole numbers and fractions eg 8 grapes, half onion.</p> <p>Wash salad leaves in a bowl.</p>	<p>Pupils will produce various dishes such as:</p> <p>Pecan brittle Mushroom and Leek pasta Mushroom vol-au-vents Kolhapuri spit chicken (kala masala roast chicken)</p>

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		<p>Use damp cloth to wipe away dirt. Use apple corer. Drain away liquid from food in a can using a sieve, eg beans/ sweetcorn. Use a vegetable or serrated knife to remove skin, e.g. orange or mango Use a juice squeezer to press eg lemon.</p> <p>Cut away skin using a sharp knife.</p> <p>Separate egg yolk from white juggling between shell Slice and dice an onion chopping finely with large knife. Crush garlic with the side of a knife to remove skin. Use a flat or hand held grater over a bowl, e.g. grating cheese.</p> <p>Puree a soup using a handheld blender in a saucepan.</p> <p>Stir hot dishes on the hob, ensuring that food does not burn or catch (keep food moving, ensure that heat is not too high), e.g. risotto, independently. Pour and spread sauces in alternate layers in equal amounts, e.g lasagne.</p> <p>Thread vegetables carefully onto kebab sticks, ready for cooking.</p> <p>Bake, Blanche, Grill, Roast and Steam Place quiches in the oven, topping up dishes with filling.</p>	
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