

# Food



# Year 9 Curriculum Map



## Year 9 - Food

<b>Prior Learning</b>	<p>Progression has been built into our food curriculum to enable pupils to acquire, develop and secure knowledge and understanding over the three years at key stage 3. The following curriculum areas; introduced at a basic level in year 7; and built upon in year 8, are further embedded in year 9:</p> <ul style="list-style-type: none"><li>• Prepare, cook, and present a wide range of progressively complex, predominantly savoury dishes.</li><li>• Apply and extend knowledge of healthy eating.</li><li>• Apply and extend knowledge of food safety issues.</li><li>• Demonstrate and apply awareness of consumer preference related to making good food choices.</li><li>• Consider the moral and ethical role of the farmer and consumer in the study of food provenance, food production, and processing.</li></ul>
<b>What will I learn?</b>	<p>Pupils will further develop their knowledge and understanding of food safety, to include the key temperatures to prevent microbial growth, and food poisoning bacteria. Pupils will continue to develop their knowledge of diet and nutrition, widening their understanding by studying different topics including, the plant based Eatwell guide, the eight guidelines for healthy living, how dietary needs change throughout life, and the effects of diet on health (diet related diseases – causes and prevention). As part of their work with food, pupils will be taught how to cook new, and even more complex, predominantly savoury dishes, and apply the principles of nutrition and healthy eating. Practical work in year 9 will include – pastry making, lasagne, pizza, jambalaya, burgers &amp; bread, fresh stuffed pasta and sauce and chilled lemon flan. Students will also complete a food investigation related to reducing free sugar in recipes. Pupils will learn about the science of ingredients in terms of how starches thicken, how sugars caramelize and how eggs coagulate to set mixtures. Pupils will learn about food labelling and will be introduced to the online nutritional analysis tool 'Explore Food'. They will learn how to read nutritional/traffic light labels, and study how this can positively impact future health. Food waste, and the impact of food production on the environment, also form part of the curriculum in year 9.</p>
<b>How will I be assessed?</b>	<p>At the start of each year 9 module a baseline assessment enables us to evaluate prior learning from year 8 and identify any gaps in learning that need to be addressed during the course. Formative assessments are included throughout the module, and these will include Microsoft Forms assessments, peer assessments, verbal assessments of practical outcomes, low stakes testing and question and answer. A summative test at the end of the module will also be completed.</p>
<b>Next Steps</b>	<p>The food curriculum instils in our pupils a love of cooking, and this is why food preparation and nutrition is such a popular option for GCSE. Learning how to cook is a crucial life skill, that allows our pupils to feed themselves affordably and well, now and in later life.</p> <p>By the time our pupils get to the end of year 9 they have developed a deep knowledge and understanding of nutrition and health, food commodities, food safety, food choice, food provenance and food science, together with extensive practical skills, in readiness for the GCSE.</p> <p>This broad and exciting curriculum leads directly on to the knowledge and skills that underpin the Food preparation and nutrition GCSE course.</p>
<b>Opportunities for</b>	<p>Our department has a strong focus and drive to develop independent learners and promote high standards of achievement through making and evaluating dishes. Food encourages pupils to think differently, giving them the ability to work collaboratively and innovatively. As</p>

<b>Independent Learning</b>	<p>a subject, we aim to promote successful, independent learners, who make excellent progress through an enjoyment of learning.</p> <p>Websites to promote independent learning in year 9 food include:  <a href="http://www.foodafactoflife.co.uk">www.foodafactoflife.co.uk</a>  <a href="http://www.lovefoodhatewaste.com">www.lovefoodhatewaste.com</a>  <a href="http://www.nhs.uk/live-well">www.nhs.uk/live-well</a>  <a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a>  <a href="http://www.food.gov.uk">www.food.gov.uk</a></p>
<b>Personal Development and CEIAG</b>	<p>Cultural diversity: Pupils will learn about where foods come from, and moral and ethical issues related to food choice.</p> <p>Physical health: Pupils learn about diet related diseases (obesity, cardiovascular disease, type 2 diabetes etc) and how a poor diet can impact future health. Pupils study how poor food safety and hygiene can result in food poisoning, and the causes and consequences of this.</p> <p>Personal development: pupils learn how to make a repertoire of healthy savoury dishes to cook through life, for their own families in our community.</p> <p>Raising consumer awareness of future generations – Understanding food labels, nutritional analysis, how nutritional needs change through different life stages, how a bad diet can impact health, how recipes can be modified to reduce fat, sugar and salt, are all included in the curriculum.</p>
<b>Enrichment Opportunities (Cultural Capital)</b>	<p>There are countless food focused media across all platforms. Some suitable shows that will enhance your cookery skills include:</p> <ul style="list-style-type: none"> <li>• The Great British Menu</li> <li>• MasterChef</li> <li>• The Great British Bake-Off</li> <li>• BBC Food Network</li> </ul> <p>The following websites will also enrich your curriculum knowledge:  <a href="http://www.foodafactoflife.co.uk">www.foodafactoflife.co.uk</a> (Careers in food, recipes and reinforcement of nutritional learning)  <a href="https://www.bbc.co.uk/food">https://www.bbc.co.uk/food</a>  <a href="http://www.jamieshomecookingskills.com">www.jamieshomecookingskills.com</a>  <a href="http://www.lovefoodhatewaste.com">www.lovefoodhatewaste.com</a>  <a href="http://www.bbcgoodfood.com/recipes/category/cuisines">www.bbcgoodfood.com/recipes/category/cuisines</a></p>