

Food and Nutrition Year 9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Unit to be studied	Food on the Go/Street food	Food on the Go/Street food	Food on the Go/Street food	Food on the Go/Street food	Food on the Go/Street food	Food on the Go/Street food
Subject Content Outline	-Introduction to the brief: Food on the go -Food packaging and suitable food for the brief -rice and pasta dishes -Investigating the importance of breakfast -Suitable dishes to serve for breakfast -Personal hygiene and protective clothing -Mini quiche		-Samosas and spring rolls(filo pastry) -Food hygiene, food safety and the law -Pasties(short crust pastry) -iced buns -Recipe adaptation (modification) and burger tasting with accompaniments -Own choice burger product -Burger builder -Sugars and accompaniments		-Potato cakes group work activity with optional ingredients -General and specialised equipment -Viennese fingers or whirls using piping bag -Protein investigation -Meatballs with tomato sauce and rice -Researching cakes and icing options -Victoria Sandwich cake with own options -Icing varieties and options -Evaluation of module	
Aims/Assessment Objectives	Pupils to understand and apply the principles of nutrition and health. Pupils cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet. Pupils become competent in a range of cooking methods. They understand the source, seasonality and characteristics of a broad range of ingredients. To work as a group producing products suitable for the brief					
Assessment	Practical work Practical group work Knowledge and understanding Research Evaluations					End of unit test (60 minutes)
Cross curricular opportunities	Maths (Numbers, Ratio, Proportions and rates of change, Statistics) Science (Nutrition and digestion, functions of ingredients) English(Reading, Writing, Grammar & Vocabulary, Spoken English) ICT PSHE (Health and wellbeing) Humanities					

Social, Moral, Spiritual, Cultural	Communication, working with others in a group. Making decisions and informed choices. Healthy eating. The study of different cultures, to identify and understand their needs. Using a variety of approaches to generate creative ideas and avoid stereotypical responses. Testing and evaluating ideas. Planning products for others, Food allergies and special dietary requirements.		
Homework	Four week research project. Ingredients to practical lessons	Four week research project. Ingredients to practical lessons Doddle tasks	Four week research project. Ingredients to practical lessons