



# KS3: Year 9 Cooking & Nutrition

Year 9  
approx. 18  
lessons

## Areas of Recap:

- Food hygiene, cross contamination and food poisoning
- Weighing, measuring, equipment
- Macro and micro nutrients
- Food choices



## Nutritional needs of specific groups of people

Pupils will develop knowledge of ages and stages throughout life and nutritional requirements of specific groups.

## Skill development :



To develop knowledge and understanding of making savoury dishes: macaroni cheese

To make macaroni cheese, drawing on making abilities and practical skills showing an ability to produce consistent products.

## Skill development :

To develop knowledge and understanding of making sweet dishes: Swiss role



To make Swiss role, drawing on making abilities and practical skills showing an ability to produce consistent products

## Skill development :

To develop knowledge and understanding of making sweet dishes: Lemon Cheesecake

To make Lemon Cheesecake drawing on making abilities and practical skills showing an ability to produce consistent products

## Skill development :

Development of ability to successfully plan their own recipes and dovetail tasks. This will be completed by students producing their own time plans and storyboards to show production of dishes/products.



## Religions

Pupils will identify the different types of religions and demonstrate associated eating habits/requirements.

Will demonstrate which foods religions can and cannot eat

## Vegetarians and vegans

Pupils will develop knowledge on vegetarian diets, the different types and choices for being vegetarian.



## Food allergies and intolerances

To develop knowledge & understanding of the different types of diets someone may follow or have.

To identify the difference between allergy and intolerance.

To demonstrate the importance of a food handler understanding both.



## NC assessment

Knowledge & understanding

Planning

Practical's

# ELECTIVES...

