



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

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.



Nutritional needs of specific groups of people

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



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

Options...

