



Curriculum Narrative

Subject: Food and Nutrition	Year: 9	Author: Mrs J Stewart
<p style="text-align: center;">Key Knowledge <i>Pupils will know</i></p>		<p style="text-align: center;">Key Skills <i>Pupils will be able to</i></p>
<p style="text-align: center;">Key Threshold Concepts:</p> <p>Key stage 3</p> <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 ingredient 		<p style="text-align: center;">Subject Skills:</p> <p>Food and Nutrition Year 9 <i>In Year 9, learners will be studying food all year on a 1 lesson a fortnight basis.</i></p> <p>In Food Preparation and Nutrition, learners will be taught a variety of practical skills alongside some catering industry knowledge. This will allow students to use this knowledge to transition on to WJEC Hospitality and Catering at KS4, should they wish to do so.</p> <p>This year they will study:</p> <ul style="list-style-type: none"> The Eatwell Guide, Hygiene and safety Food hygiene within the kitchen Role of the Environmental officer Types of food poisoning Food allergies and intolerances Basic / medium level cooking skills Different cooking methods Range of bread products Use of sauces Herbs, spices, flavours Food packaging Food labelling
<p style="text-align: center;"><u>Subject Specific Knowledge</u></p> <p>Through this Scheme of Work, pupils will:</p> <ul style="list-style-type: none"> apply the principles of <i>The Eatwell Guide</i> and relate this to diet through life; list and explain the dietary needs throughout life stages; investigate information and guidance available to the consumer regarding food labelling, availability, traceability, food certification and assurance schemes and animal welfare; explain the characteristics of ingredients and how they are used in cooking; adapt and follow recipes to prepare and cook a range of predominately savoury dishes; secure and demonstrate a range of food skills and techniques; 		<p style="text-align: center;"><u>Prerequisites and Spiral Teaching:</u></p> <p>Pupils will build on their learning in Year 8: knowledge and skills include:</p> <ul style="list-style-type: none"> describing and applying <i>The Eatwell Guide</i> and the 8 tips for healthy eating; explaining energy and needs through life; explaining key nutrients, sources and functions; developing and demonstrating a knowledge of the source and seasonality of a range of ingredients; developing and demonstrating a range of food skills and techniques; developing and demonstrating the principles of food hygiene and safety; using a variety of ingredients and equipment to prepare and cook a range of more complex dishes;

- secure and demonstrate the principles of food hygiene and safety in a range of situations;
- Know key temperatures and apply them when cooking
- secure and demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making;
- extend and consolidate their literacy and numeracy skills by using them purposefully in a range of everyday situations;
- track their progress using the [My learning journey booklet](#) (cooking, nutrition, ingredients, food provenance and creativity).

- using and adapting recipes, knowing the skills they are using.

- They will go on to**
- They will be able to use a range of equipment with confidence to cook a range of simple dishes (in 1 hour)
 - They will have a clear understanding of Health and safety and hygiene.
 - They will understand how to use a range of equipment safely and independently
 - Pupils will be taught what food hygiene and safety is
 - Pupils will be able to identify different types of food poisoning
 - Pupils will understand what seasonality in food means and how restaurants use these ingredients to influence menus
 - Pupils be able to identify and use a range of herbs and spices in their cooking
- Sensory evaluations following most practical's and evaluation of their own work.

- Cross-Curricular Knowledge Links:**
- **English** – Literacy – following differentiated methods
 - **Maths** – weighing and measuring
 - **Science** – the function of food in our bodies
 - **Geography** – Understanding what factors effect where produce is produced. Identifying local landmarks and understanding the geography of the local area. Identifying where herbs and spices are grown around the world.
 - **Citizenship** – Food provenance. Reduce, reuse, recycle

Reading Lists / Sources / Reading around the subject recommendations:

Ministry of food by Jamie Oliver
 Jamie's Dinners by Jamie Oliver
 How to bake by Paul Hollywood
www.bbcfood.co.uk

Resources

[Food – a fact of life and British Nutrition Foundation](#)
[Food Standards Agency](#)
[NHS Live Well](#)