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| Subject Area : Cooking and Nutrition |
| Year Group : 9 | Unit of Work : |
| Half Term: 1 | Skills: Introduction to the project – Digi book on lineWhisked sponge demonstration - teacher demonstration of whisked sponge (& class taste testing) 2 demonstrations: - 1 fully whisked, 1 partially whiskedExperiment with raising agents (chemical, biological & physical).Scone experiment group practical task – scone making different raising agents Scone taste test and theory – sensory analysis / comparing results within group workScone taste test and theory - dextrinisationSavoury scone practical. KA1Practical skillsRecall and extend food hygieneRecall and extend working safely in the kitchenRecall and extend 4 C’sRecall and extend accurate weighing and measuringRecall and extend use of equipment – electric whisk, digital scales, cutters, rolling guidesRecall and extend use of cooking methods – oven |
| Reasons behind order of topic in this half term |
| To document this information as shown in their theory booklets. By completing the practical skills students will get to understand the mark scheme of the skills element of GCSE course at year 10. There are 6 sections to cover at GCSE and the following practical and theory topics are selected from the following; Section 1 – Food Nutrition and HealthSection 2 – Food sciencesection 6 – food preparation skillsThis will introduce them to the expectations of the NEA 1 task at GCSE - **section 2** changing properties – proteins, raising agents, **section 6** – food preparation skillsKey words = denature, coagulate, foams, chemical, steam, mechanicalRecalling skills from year 8 – rubbing in for scones  |

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| Subject Area : Cooking and Nutrition |
| Year Group : 9 | Unit of Work : |
| Half Term: 2 | Skills:Review of KA – dirt lessonGelatinisationLemon sauce gelatinisationShortening pastryShortcrust pastry practicalGas in liquid meringueLemon meringue pie practicalPractical skillsRecall and extend food hygieneRecall and extend working safely in the kitchenRecall and extend 4 C’sRecall and extend accurate weighing and measuringRecall and extend use of equipment – electric whisk, digital scales, rolling guides, balloon whiskRecall and extend use of cooking methods – hob, oven |
| Reasons behind order of topic in this half term |
| This will introduce them to the expectations of the NEA 1 task at GCSE - section 2 changing properties – carbohydrates and proteins, **section 6** – food preparation skillsKey words = Gelatinisation, Dextrinisation, foams, Recalling skills from year 8 – rubbing in for shortcrust pastryRecalling skills from term 1 – rubbing in for scones |

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| Subject Area : Cooking and Nutrition |
| Year Group : 9 | Unit of Work : |
| Half Term: 3 | Skills:Lemon meringue pie theory and questions to recall practicalCake experiment group activity with different fatsCake taste test sensory analysis / comparing results within group work and fats and oils theoryCake practical – batch of cakes as a pairCake decoration designsDecorating cakes as an individual KA2Practical skillsRecall and extend food hygieneRecall and extend working safely in the kitchenRecall and extend 4 C’sRecall and extend accurate weighing and measuringRecall and extend use of equipment – electric whisk, digital scales, piping skills, decoration Recall and extend use of cooking methods – hob, oven |
| Reasons behind order of topic in this half term |
| This will introduce them to the expectations of the NEA 1 task at GCSE - **section 2** changing properties – fats and oils, **section 6** – food preparation skillsKey words = aeration, shortening, decoratingRecalling skills from year 8 – whisking / sponge pudding |

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| Subject Area : Cooking and Nutrition |
| Year Group : 9 | Unit of Work : |
| Half Term: 4 | Skills:Review of KA – dirt lesson and Aeration in pastryPastry comparison sensory analysisPalmiers or twistsNutritional needs and health – food diary linked with the Eat well guideNutritional needs and health – different life stages Planning and creating a balanced mealPractical skillsRecall and extend food hygieneRecall and extend working safely in the kitchenRecall and extend 4 C’sRecall and extend accurate weighing and measuringRecall and extend use of equipment – rolling pin, pastry brush, rolling guidesRecall and extend use of cooking methods – hob, oven |
| Reasons behind order of topic in this half term |
| This will introduce them to the expectations of the NEA 1 task at GCSE **– section 1**- healthy eating guidelines, nutritional needs of different age groups, planning meals for different groups. **Section 2** changing properties – raising agents, **section 6** – food preparation skillsKey words = portion size, costings, steamRecalling skills from year 7 & 8 – nutrition and health |

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| Subject Area : Cooking and Nutrition |
| Year Group : 9 | Unit of Work : |
| Half Term: 5 | Skills:Jambalaya – developing the recipe for a child aged 5-10 yearsPlanning meals for specific dietary needs – e.g. lactose free, high fibre Taste testing productsGelatinisation in pasta and white sauce making Basic pasta making practical – fresh egg pastaPractical skillsRecall and extend food hygieneRecall and extend working safely in the kitchenRecall and extend 4 C’s Recall and extend accurate weighing and measuringRecall and extend use of equipment –digital scales, balloon whisk, pasta rollerRecall and extend use of cooking methods – hob |
| Reasons behind order of topic in this half term |
| This will introduce them to the expectations of the NEA 1 task at GCSE **– section 1**- healthy eating guidelines, nutritional needs of different age groups, planning meals for different groups. **Section 2** changing properties – raising agents, proteins, **section 6** – food preparation skillsKey words = portion size, costings, eat well guide, healthy diet, gluten, doughRecalling skills from first term 2 – sauce making |

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| Subject Area : Cooking and Nutrition |
| Year Group : 9 | Unit of Work : |
| Half Term: 6 | Skills:Macaroni cheese development and dirt time Macaroni cheeseBread ingredients and taste testing shop bought breadsBasic bread practicalKA3 examDeveloped bread practical – shaping and flavour developmentKA feedback – DIRT timePractical skillsRecall and extend food hygieneRecall and extend working safely in the kitchenRecall and extend 4 C’s Recall and extend accurate weighing and measuringRecall and extend use of equipment –digital scales, balloon whisk, Recall and extend use of cooking methods – hob and oven |
| Reasons behind order of topic in this half term |
| This will introduce them to the expectations of the NEA 1 task at GCSE **–Section 2** changing properties – raising agents, proteins, carbohydrates, **section 6** – food preparation skillsKey words = gluten, dough, yeast, dextrinisationRecalling skills from first term 2 – sauce making |