

## Subject Area : Cooking and Nutrition

Year Group : 9	Unit of Work :
Half Term: 1	<p><u>Skills:</u>  Introduction to the project – Digi book on line  Whisked sponge demonstration - teacher demonstration of whisked sponge (&amp; class taste testing) 2 demonstrations: - 1 fully whisked, 1 partially whisked  Experiment with raising agents (chemical, biological &amp; physical).  Scone experiment group practical task – scone making different raising agents  Scone taste test and theory – sensory analysis / comparing results within group work  Scone taste test and theory - dextrinisation  Savoury scone practical. KA1</p> <p><u>Practical skills</u>  Recall and extend food hygiene  Recall and extend working safely in the kitchen  Recall and extend 4 C's  Recall and extend accurate weighing and measuring  Recall and extend use of equipment – electric whisk, digital scales, cutters, rolling guides  Recall and extend use of cooking methods – oven</p>
Reasons behind order of topic in this half term	
<p>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 Health  Section 2 – Food science  section 6 – food preparation skills  This will introduce them to the expectations of the NEA 1 task at GCSE - <b>section 2</b> changing properties – proteins, raising agents, <b>section 6</b> – food preparation skills</p> <p>Key words = denature, coagulate, foams, chemical, steam, mechanical  Recalling skills from year 8 – rubbing in for scones</p>	

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Year Group : 9 Half Term: 2	Unit of Work : Skills: Review of KA – dirt lesson Gelatinisation Lemon sauce gelatinisation Shortening pastry Shortcrust pastry practical Gas in liquid meringue Lemon meringue pie practical  <u>Practical skills</u> Recall and extend food hygiene Recall and extend working safely in the kitchen Recall and extend 4 C's Recall and extend accurate weighing and measuring Recall and extend use of equipment – electric whisk, digital scales, rolling guides, balloon whisk 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 – carbohydrates and proteins, <b>section 6</b> – food preparation skills Key words = Gelatinisation, Dextrinisation, foams, Recalling skills from year 8 – rubbing in for shortcrust pastry Recalling skills from term 1 – rubbing in for scones	

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Year Group : 9 Half Term: 3	Unit of Work : Skills: Lemon meringue pie theory and questions to recall practical Cake experiment group activity with different fats Cake taste test sensory analysis / comparing results within group work and fats and oils theory Cake practical – batch of cakes as a pair Cake decoration designs Decorating cakes as an individual KA2  <u>Practical skills</u> Recall and extend food hygiene Recall and extend working safely in the kitchen Recall and extend 4 C's Recall and extend accurate weighing and measuring Recall 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 - <b>section 2</b> changing properties – fats and oils, <b>section 6</b> – food preparation skills Key words = aeration, shortening, decorating Recalling skills from year 8 – whisking / sponge pudding	

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Year Group : 9 Half Term: 4	Unit of Work : Skills: Review of KA – dirt lesson and Aeration in pastry Pastry comparison sensory analysis Palmiers or twists Nutritional needs and health – food diary linked with the Eat well guide Nutritional needs and health – different life stages Planning and creating a balanced meal  <u>Practical skills</u> Recall and extend food hygiene Recall and extend working safely in the kitchen Recall and extend 4 C's Recall and extend accurate weighing and measuring Recall and extend use of equipment – rolling pin, pastry brush, rolling guides 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 – <b>section 1</b> - healthy eating guidelines, nutritional needs of different age groups, planning meals for different groups. <b>Section 2</b> changing properties – raising agents, <b>section 6</b> – food preparation skills Key words = portion size, costings, steam Recalling skills from year 7 & 8 – nutrition and health	

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Year Group : 9 Half Term: 5	Unit of Work : Skills: Jambalaya – developing the recipe for a child aged 5-10 years Planning meals for specific dietary needs – e.g. lactose free, high fibre Taste testing products Gelatinisation in pasta and white sauce making Basic pasta making practical – fresh egg pasta  <u>Practical skills</u> Recall and extend food hygiene Recall and extend working safely in the kitchen Recall and extend 4 C's Recall and extend accurate weighing and measuring Recall and extend use of equipment –digital scales, balloon whisk, pasta roller Recall 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 – <b>section 1</b> - healthy eating guidelines, nutritional needs of different age groups, planning meals for different groups. <b>Section 2</b> changing properties – raising agents, proteins, <b>section 6</b> – food preparation skills Key words = portion size, costings, eat well guide, healthy diet, gluten, dough Recalling skills from first term 2 – sauce making	

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Year Group : 9	Unit of Work :
Half Term: 6	<p>Skills:</p> <p>Macaroni cheese development and dirt time  Macaroni cheese  Bread ingredients and taste testing shop bought breads  Basic bread practical  KA3 exam  Developed bread practical – shaping and flavour development  KA feedback – DIRT time</p> <p><u>Practical skills</u></p> <p>Recall and extend food hygiene  Recall and extend working safely in the kitchen  Recall and extend 4 C's  Recall and extend accurate weighing and measuring  Recall and extend use of equipment –digital scales, balloon whisk,  Recall and extend use of cooking methods – hob and oven</p>
Reasons behind order of topic in this half term	
<p>This will introduce them to the expectations of the NEA 1 task at GCSE –<b>Section 2</b> changing properties – raising agents, proteins, carbohydrates, <b>section 6</b> – food preparation skills  Key words = gluten, dough, yeast, dextrinisation  Recalling skills from first term 2 – sauce making</p>	