



Year 9- Food

Topics

Element	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
Term 1	Theory	H&S Hygiene, 4 C's, H&C terms	H&S, Eatwell guide	Developing dishes	Food hygiene	Nutrients in dishes	Alternatives and special diets
	Practical	Demo Fajitas	Fajitas	Demo- Bolognese	Bolognese	Halloumi Kebabs Demo	Halloumi Kebabs
	Home learning	Buying/Measuring/preparing ingredients		Buying/Measuring/preparing ingredients		Buying/Measuring/preparing ingredients	
Term 2	Theory	Unsatisfactory nutritional intake	Skills	Stir Fry/Thai Green curry-protein	Stir Fry/Thai Green curry-protein	Recipe and method development	Kneading, shaping
	Practical	Demo Mac Cheese	Mac Cheese	Flexible	Flexible	Pizza Demo	Pizza
	Home learning	Buying/Measuring/preparing ingredients		Buying/Measuring/preparing ingredients		Buying/Measuring/preparing ingredients	
Term 3	Theory	Assessment week (January)	Functions of ingredients	Methods- creaming	Development of skills	Assessment- EOY exam	Development of skills
	Practical		Demo- DA cake	DA cake	Demo- Flexible	None	Flexible
	Home learning	Revision	Buying/Measuring/preparing ingredients		Revision	Revision	



What are you going to learn and do this year?

Current

HEAD - Knowledge



Year 9 Food Technology Curriculum: A Deeper Dive

Welcome back to Food Tech! This year, we'll build on your existing skills and knowledge to become even more confident cooks and explore the exciting world of hospitality and catering.

Safety First, Always!

Health and Safety: We'll revisit and deepen your understanding of kitchen safety. This includes advanced hygiene practices, safe handling of high-risk ingredients, and preventing cross-contamination.

The 4 C's: Master the four crucial steps for safe food handling: Chilling, Cleaning, Cooking, and Cross-contamination prevention.

A Taste of Hospitality:

Introduction to Hospitality and Catering: Get a glimpse into the world of professional food service, exploring careers and the importance of hygiene and presentation in this industry.

Fuelling Your Body Wisely:

Eatwell Guide Revisited: We'll dive deeper into the Eatwell Guide, understanding how portion sizes and a balanced variety of foods impact our health and well-being.

Beyond the Recipe:

Developing Dishes: Learn how to adapt and experiment with recipes, adding your own creativity to create unique and delicious dishes.

Food Safety Champions:

Food Hygiene in Depth: This year, we'll delve deeper into food safety principles, learning about foodborne illnesses, their causes, and prevention strategies.

Understanding Your Food:

Nutrients in Dishes: We'll analyse the nutritional value of different dishes, understanding how ingredients contribute to a healthy diet.

Catering to All:

Alternatives and Special Diets: Learn about different dietary needs and explore ways to adapt recipes for people with allergies, intolerances, or specific dietary preferences.

Unsatisfactory Nutritional Intake: We'll discuss the consequences of poor dietary choices and the importance of balanced meals.

Becoming Recipe Creators:

Recipe and Method Development: Gear up to create your own recipes! You'll learn how to plan, design, and test recipes with clear methods.

Mastering Techniques:

Kneading & Shaping: Develop the art of kneading dough and shaping it into different forms, perfect for pastries and other delicious treats.

Functions of Ingredients: Learn how different ingredients function in recipes, understanding their roles in creating texture, flavour, and structure.

Get Ready to Cook Up a Feast!

Throughout the year, you'll put your newfound knowledge and skills into practice with exciting culinary projects. Here are some mouth-watering dishes you can look forward to making:

International Flavours: Sizzle up sizzling fajitas, a crowd-pleasing classic.

Hearty Comfort Food: Perfect a rich and flavourful Bolognese sauce, perfect for pasta dishes.

Vegetarian Delights: Explore vegetarian options with delicious halloumi kebabs.

Creamy Goodness: Master the art of making a classic and comforting mac and cheese.

Pizza Perfection: Create your own personalized pizzas, from base to topping.

Sweet Endings: Bake a delightful Dutch apple cake, a perfect dessert to share.

This year promises to be a delicious journey filled with exploration, creativity, and a deeper understanding of food. Get ready to become a culinary master!

Year 9 Food Technology



What are you going to learn and do this year?

Current



HEART - Personal Development (continued)

This D&T curriculum fosters personal development in several ways:

Confidence and Self-Belief: Successfully completing projects and mastering new skills builds confidence and a sense of accomplishment.

Resilience and Problem-Solving: Overcoming challenges during the design process and troubleshooting technical issues develops resilience and problem-solving skills.

Independence and Initiative: Students learn to take ownership of their projects, manage their time effectively, and work independently.

Teamwork and Collaboration: Working with others on projects encourages teamwork, communication, and the ability to collaborate effectively.

Critical Thinking and Creativity: The design process fosters critical thinking as students analyse problems, develop solutions, and evaluate their work.

By nurturing these skills, D&T helps students build a strong foundation for personal growth and success not just in school, but also in their future endeavours.



HAND - Skills

Skill Development in Year 9 Food Technology

Building on your strong foundation from Year 8, this year in Food Technology will refine your skills and expand your culinary repertoire. Here's a breakdown of the key skills you'll develop:

Safety Superstars:

Advanced Hygiene: You'll become experts in safe food handling, mastering practices like cleaning surfaces and preventing cross-contamination with high-risk ingredients.

The 4 C's Mastery: Implementing the four crucial steps for safe food handling (Chilling, Cleaning, Cooking, and Cross-contamination prevention) will become second nature.

Hospitality Heroes:

Professional Awareness: Develop an understanding of hygiene and presentation standards in the hospitality and catering industry.

Nutritional Navigators:

Eatwell Guide Analysis: Learn to analyse portion sizes and food group balance to create healthy and balanced meals according to the Eatwell Guide.

Creative Cooks:

Recipe Adaptation: Develop your creativity by learning to adapt and experiment with recipes.

Food Safety Champions:

Advanced Food Hygiene Practices: Gain in-depth knowledge about foodborne illnesses, their causes, and prevention strategies to ensure safe food preparation.

Food Science Explorers:

Nutrient Analysis: Develop the skills to analyse and understand how ingredients contribute to the nutritional value of different dishes.

Catering Champions:

Dietary Awareness: Learn to adapt recipes to accommodate various dietary needs and preferences, ensuring everyone can enjoy your creations.

Recipe Revolutionaries:

Recipe Development: Master the art of planning, designing, and testing your own recipes with clear and concise methods.

Advanced Technique Experts:

Kneading and Shaping Mastery: Perfect the art of kneading dough and shaping it into different forms, expanding your baking repertoire.

Ingredient Functionality: Gain a deeper understanding of how different ingredients function in recipes, allowing you to make informed choices and achieve desired textures and flavours.

Practical Powerhouse:

Skill Refinement: Through practical projects like making fajitas, Bolognese, halloumi kebabs, mac and cheese, pizzas, and Dutch apple cake, you'll refine your skills in various techniques like preparation, cooking methods, and presentation.






H&S and Hygiene (Fajitas Demo)

Y9/T1/W1



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - Understand some job roles within restaurants and hotels 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - Demonstrate further practical skills by creating chicken fajitas safely - Take into account H&S and hygiene to ensure safe practices
	 <ul style="list-style-type: none"> - Understand the different sectors of the hospitality and catering industry - Understand some of the main job roles within the industry - Understand some careers that this subject can take you 	
	<p>HEART - Personal Development</p>	
 <ul style="list-style-type: none"> - Responsibility: You learn to take responsibility for your own safety and that of others in the kitchen. - Communication: You practice effective communication skills, especially when working in groups or with a teacher. 		
<p>HAND - Skills</p>	 <ul style="list-style-type: none"> - list some job roles within the H&C industry - List some careers that could be explored through H&C - Explain the difference between commercial and non-commercial establishments 	






Eatwell guide (Fajitas Practical)

Y9/T1/W2



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Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - Understand the recipe and method for producing chicken fajitas 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - Be able to evaluate their own performance - Be able to analysis the macro and micro nutrient within dishes
	 <ul style="list-style-type: none"> - Understand how Fajitas fit withing the Eatwell Guide and their functions of nutrients within the body 	
	<p>HEART - Personal Development</p>	
	 <ul style="list-style-type: none"> - Problem-solving: You develop problem-solving skills as you learn to identify and address potential hazards in the kitchen - Attention to detail: You learn the importance of attention to detail, especially when following hygiene procedures. 	
<p>HAND - Skills</p>	 <ul style="list-style-type: none"> - Recap the Eatwell Guide and functions of nutrients within the body. - Recap the preparation technique: Weighing and Measuring - Demonstrate an awareness of health and safety - Demonstrate the preparation technique: weighing and measuring, the cooking techniques: baking - Safely navigate the food room adhering to health and safety guidelines. 	






Developing Dishes (Bolognese Demo)

Y9/T1/W3



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Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - Understand how Fajitas fit within the Eatwell Guide and their functions of nutrients within the body 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - Demonstrate the recipe and method of Bolognese, developing the dish from year 8
	 <ul style="list-style-type: none"> - Understand the difference between macro nutrients and micro nutrients - Understand the impact of nutrients on the body - Understand the recipe and method for Bolognese - Understand why some recipes are developed and changed 	
	<p>HEART - Personal Development</p>	
 <ul style="list-style-type: none"> - Creativity: You develop creativity as you experiment with different recipes and ingredients. - Planning and organisation: You learn to plan and organize your work, from developing recipes to following food hygiene procedures. 		
<p>HAND - Skills</p>	 <ul style="list-style-type: none"> - Explain the functions of all nutrients - List and explain the impact of nutrients on the body - Be able to plan and develop Bolognese 	






Food Hygiene (Bolognese Practical)

Y9/T1/W4



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Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - An understanding of the recipe and method for producing Bolognese - Understand how to develop the dish 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - To understand how all nutrients effect the human body
	 <ul style="list-style-type: none"> - Strengthen understanding of the use of specialist equipment in the kitchen 	
	<p>HEART - Personal Development</p>	
	 <ul style="list-style-type: none"> - Creativity: You develop creativity as you experiment with different recipes and ingredients. Planning and organisation: You learn to plan and organize your work, from developing recipes to following food hygiene procedures. 	
<p>HAND - Skills</p>	 <ul style="list-style-type: none"> - Demonstrate the recipe and method of Bolognese, developing the dish from year 8 - Demonstrate safe working practices in the kitchen 	






Nutrients in dishes (Halloumi Demo)

Y9/T1/W5



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Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - Have knowledge of the different nutrients and a brief understanding of why they are important 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - To know how you can offer alternatives to special diets and still provide nutritional value
	<ul style="list-style-type: none"> - To strengthen understanding of the impact from nutrients on our bodies 	
	<p>HEART - Personal Development</p>	
<ul style="list-style-type: none"> - Self-awareness: You become more aware of your own nutritional needs and habits. 		
<p>HAND - Skills</p>	<ul style="list-style-type: none"> - Explain the function of the main micro and macro nutrients in the body - Describe functions of nutrients within proposed dishes in the human body 	






Alternatives and special diets (Halloumi Kebabs)

Y9/T1/W6



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Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - An understanding of some special diets - An understanding of the recipe and method of Halloumi kebabs 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - To know other special diets and what alternatives could be offered for each need
	 <ul style="list-style-type: none"> - The nutritional value of Halloumi kebabs 	
	<p>HEART - Personal Development</p>	
 <ul style="list-style-type: none"> - Confidence: You gain confidence in your cooking abilities and your ability to create healthy and nutritious meals. - Independence: You develop independence as you learn to cook for yourself and others. 		
<p>HAND - Skills</p>	 <ul style="list-style-type: none"> - Demonstrate the recipe and method for making halloumi kebabs safely and with some skill 	






Unsatisfactory nutritional intake (Mac Cheese Demo)

Y9/T2/W1



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Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - Understand the benefits on our bodies when consuming the correct nutrients in our diet 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - Demonstrate safe and accurate practices when making Mac Cheese in the kitchen
	<ul style="list-style-type: none"> - Understand the importance of nutrition: special dietary needs/choices, malnutrition. 	
	<p>HEART - Personal Development</p>	
<ul style="list-style-type: none"> - Problem-solving: You apply problem-solving skills to overcome challenges in the kitchen, such as recipe adjustments or equipment malfunctions. 		
<p>HAND - Skills</p>	<ul style="list-style-type: none"> - Explain the impact on our bodies if we do not consume to correct nutrients - Explain the recipe and method for making Mac Cheese 	






Mac Cheese Practical

Y9/T2/W2



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Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - Understand the importance of nutrition: special dietary needs/choices, malnutrition. 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - Using their knowledge and skills, plan a practical or alter an existing recipe to create a well-balanced dish
	 <ul style="list-style-type: none"> - Understand the nutritional value of Mac Cheese - Strengthen understanding of specific kitchen equipment and methods 	
	<p>HEART - Personal Development</p>	
 <ul style="list-style-type: none"> - Organisation 		
<p>HAND - Skills</p>	 <ul style="list-style-type: none"> - Demonstrate safe and accurate practices when making Mac Cheese in the kitchen - Explain how you could make Mac Cheese a more balanced meal 	






Pizza Demo

Y9/T2/W3



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - A solid understanding of a balanced diet - An understand that recipes can be developed for health or diet reasons 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - Demonstrate their practical and organisation skills by following their recipe design and method to create their pizza
	 <ul style="list-style-type: none"> - To understand how to plan and communicate a recipe - To understand the basic theory behind dough 	
	<p>HEART - Personal Development</p>	
 <ul style="list-style-type: none"> - Problem-solving: You apply problem-solving skills to overcome challenges in the kitchen, such as recipe adjustments or equipment malfunctions. 		
<p>HAND - Skills</p>	 <ul style="list-style-type: none"> - Create a step-by-step recipe for pizza including timings - Effectively communicate ideas through design ideas and recipes. 	






Pizza Practical

Y9/T2/W5



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Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - To understand how to plan and communicate a recipe - To understand the basic theory behind dough 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - Evaluate own performance during the pizza making
	 <ul style="list-style-type: none"> - Understand the importance of food hygiene to prevent food related courses of ill health, including: food poisoning, food allergies and intolerances. 	
	<p>HEART - Personal Development</p>	
	 <ul style="list-style-type: none"> - Planning and organisation: You learn to plan and organize your work, from developing recipes to following food hygiene procedures. - Adaptability: You develop adaptability as you learn to accommodate different dietary needs and preferences. 	
<p>HAND - Skills</p>	 <ul style="list-style-type: none"> - Demonstrate an awareness of health and safety - Demonstrate the preparation techniques: weighing and measuring, kneading, shaping, and chopping: the bridge hold and claw grip. The cooking technique: baking and complete dishes using presentation techniques 	






Functions of ingredients- DA Demo

Y9/T3/W6



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Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - An understanding of the equipment needed to make a Dutch Apple cake 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - Demonstrate making a Dutch Apple cake safely and accurately
	<ul style="list-style-type: none"> - An understanding of the functions of ingredients 	
	<p>HEART - Personal Development</p>	
	<ul style="list-style-type: none"> - Problem-solving: You apply problem-solving skills to overcome challenges in the kitchen, such as recipe adjustments or equipment malfunctions. 	
<p>HAND - Skills</p>	<ul style="list-style-type: none"> - Explain the recipe and method for a Dutch Apple Cake 	






DA Cake Practical

Y9/T2/W7



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Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - An understanding of the functions of ingredients - An understanding of the recipe and method for a Dutch Apple Cake 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - <u>Hospitality and Catering at GCSE!</u>
	 <ul style="list-style-type: none"> - To strengthen understanding of baking and the functions of ingredients 	
	<p>HEART - Personal Development</p>  <ul style="list-style-type: none"> - Planning and organization: You learn to plan and organize your work, from developing recipes to following food hygiene procedures. - Adaptability: You develop adaptability as you learn to accommodate different dietary needs and preferences. 	
	<p>HAND - Skills</p>  <ul style="list-style-type: none"> - Demonstrate making an Dutch Apple cake safely and accurately using the correct equipment 	