

Scheme of Learning:	Year 9 Healthy Eating
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Prior Learning

I will have studied food for 8 weeks in both Year 7 and Year 8, building skills that prepare me for the GCSE Food option available in Year 10. I will develop my understanding of food safety, healthy eating, and explore different cultures and cuisines. I will also gain practical skills by making a variety of sweet and savoury dishes.

Objectives:

- KNOWLEDGE:** I will understand why we need to health and safety procedures. I will also understand the dietary impact of not eating healthily.
- SKILLS:** I will develop a variety of technical cooking skills to make a range of sweet and savoury dishes including curry or sweet & sour chicken, sausage rolls, Swiss roll.

Week	Tasks	Literacy	Homework	RAG
1	<ul style="list-style-type: none"> THEORY – Recap Healthy eating and Food safety PRACTICAL – Student Choice: Chicken Curry or Sweet & Sour chicken 	Cross Contamination Knife safety Bridge and claw holds Healthy and safety Personal hygiene Hazards	<ul style="list-style-type: none"> INGREDIENTS - Chicken Curry or Sweet & Sour chicken 	
2	<ul style="list-style-type: none"> PRACTICAL - Sausage rolls / cheese and onion rolls (making own rough puff pastry) EVALUATE: Self reflect – how could I improve next time? 	Oven safety Hob Trivet Oven Gluten Flaky	<ul style="list-style-type: none"> INGREDIENTS – Sausage rolls / cheese and onion rolls 	
3	<ul style="list-style-type: none"> PRACTICAL - Cheesecake EVALUATE: Self reflect – how could I improve next time? 	Weighing & measuring Melting Whisking Garnishing	<ul style="list-style-type: none"> INGREDIENTS – Cheesecake 	
4	<ul style="list-style-type: none"> ASSESSMENT 1 - PRACTICAL - Swiss roll EVALUATE: Self reflect – how could I improve next time? 	Whisking Measuring Folding Rolling Baking	<ul style="list-style-type: none"> INGREDIENTS – Swiss Roll 	
5	<ul style="list-style-type: none"> PRACTICAL – Tear & Share garlic and herb bread THEORY – Bacteria & Food temperatures 	Kneading Yeast Baking Carbon dioxide	<ul style="list-style-type: none"> INGREDIENTS – Tear & Share garlic and herb bread 	
6	<ul style="list-style-type: none"> PRACTICAL – Chicken Shawarma and flat breads THEORY – Food poisoning 	Marinade Roasting Rolling Shaping Knife skills	<ul style="list-style-type: none"> INGREDIENTS - Chicken Shawarma and flat breads REVISION - Preparation for assessment 	
7	<ul style="list-style-type: none"> ASSESSMENT 2 THEORY – 35 minute knowledge test. PRACTICAL – Seasonal Practical 	High risk food Temperatures Healthy eating Raising agents Yeast Whisking	<ul style="list-style-type: none"> INGREDIENTS – Seasonal practical 	
8	<ul style="list-style-type: none"> CLOSING THE GAP – Reteach 3 main misconceptions from test. 	High Risk Food Cross Contamination Salmonella	<ul style="list-style-type: none"> End of rotation 	

GCSE Food	Careers
Students produce a 3-course meal, a food science experiment and cover a broad range of food knowledge	Food teacher, chef, pastry chef, waiter, restaurant manager, food designer, food taster and developer, nutritionist and many more...