

Scheme of Learning:	Year 9 Healthy Eating
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Prior Learning

I will have undertaken food for 8 weeks in year 7 and 8, developing skills towards GCSE skills which is an option for students in year 10. I will develop knowledge of food safety and practical skills to make a range of dishes which include sausage rolls, calzones and cheesecake.

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 calzones, sausage rolls, scones and swiss roll.

Week	Tasks	Literacy	Homework	RAG
1	<ul style="list-style-type: none"> • THEORY - Food safety • PRACTICAL – Sweet & Savoury scones • EVALUATE: Self reflect – How could I improve next time? 	Cross Contamination Knife safety Bridge and claw holds Healthy and safety Personal hygiene Hazards	INGREDIENTS - Sweet and Savoury scones	
2	<ul style="list-style-type: none"> • THEORY – Types of contamination • PRACTICAL- Jam Tarts • EVALUATE: Self reflect – how could I improve next time? 	Oven safety Hob Trivet Oven Gluten Flaky	INGREDIENTS – Jam Tarts	
3	<ul style="list-style-type: none"> • PRACTICAL- Sausage rolls with rough puff pastry • EVALUATE: Self reflect – how could I improve next time? 	Health and safety Yeast Baking Crimping Carbon dioxide	INGREDIENTS - Sausage rolls	
4	<ul style="list-style-type: none"> • ASSESSMENT 1 - PRACTICAL - Swiss roll • EVALUATE: Self reflect – how could I improve next time? 	Pastry Rolling Shaping Baking	INGREDIENTS – Swiss Roll	
5	<ul style="list-style-type: none"> • PRACTICAL – Cheesecake • THEORY – Food poisoning 	Weighing & measuring Oven Piping	INGREDIENTS – Cheesecake REVISION - Preparation for assessment	
6	<ul style="list-style-type: none"> • PRACTICAL – Calzone • ASSESSMENT 2 THEORY – 35 minute knowledge test. 	Rubbing in Mechanical Oven skills Water soluble vitamins Fat soluble vitamins	INGREDIENTS - Calzone	
7	<ul style="list-style-type: none"> • PRACTICAL – Viennese fingers 	High risk food Shaping Grilling Baking	INGREDIENTS – Viennese fingers	
8	<ul style="list-style-type: none"> • CLOSING THE GAP – Reteach 3 main misconceptions from test. 	High Risk Food Cross Contamination Salmonella	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...