

FOOD PREPARATION AND NUTRITION			Year: 9 & 10 rotation 1		
AUTUMN		SPRING		SUMMER	
Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Theme/ topic: Bread, Cereals, Flour, potatoes, oats rice and pasta	Theme/ topic: Bread, Cereals, Flour, potatoes, oats rice and pasta Meat and poultry Heat Transfer and cooking methods	Theme/ topic: Fish Protein Calcium and Vitamin D Eggs	Theme/ topic: Eggs Meat free protein alternatives Complimentary proteins Religious diets Vegetarianism	Theme/ topic: Making meals for special dietary requirements	Theme/ topic: Making meals for special dietary requirements (medical)
By the end of this half term pupils will know:	By the end of this half term pupils will know:	By the end of this half term pupils will know:	By the end of this half term pupils will know:	By the end of this half term pupils will know:	By the end of this half term pupils will know:
Key terminology Types of, nutritional value of and storage of flour simple and complex carbohydrates NSP – Fibre, its sources and purpose How to make pastry products	Types of, nutritional value of and storage of pasta How to make fresh pasta to produce a quality finish Preparation, storage, nutrition and cooking methods of potatoes Fat soluble vitamins Heat transfer Cooking methods	HBV and LBV proteins and why they are needed Sources of protein and the consequences of too little or too much in diet. Categories, availability (tins, frozen, steaks etc) nutritional of, structure, storage, filleting and cooking of fish. How fish are caught Calcium and vitamin D	Working characteristics of proteins Nutritional values of alternative proteins – soya, nuts etc Complimentary proteins Types of vegetarians and their nutritional needs and reasons why people are to include religious diets	Nutritional and dietary requirements of: Pregnant ladies, babies, young children, older children, teenagers, the elderly, someone who is losing weight BMI Obesity DRV Food labels How to cook for those diets	Nutritional and dietary requirements of someone with CVD, CHD, diabetes stroke, obesity Food intolerances and allergies including coeliac disease, lactose intolerance, dental carries

Types of, nutritional value of and storage of cereals Types of rice, how cultivated, nutritional value of and storage	Types of, structure, nutritional value, cooking and storage of meat. Types of, nutritional value of and storage of poultry. How to portion and cook chicken Organic v factory farming	Types of, functional properties of, types in shops, nutritive value and storage of eggs. Free range v factory farming.			
They will understand:	They will understand:	They will understand:	They will understand:	They will understand:	They will understand:
Coagulation, aeration Protein denaturation Starch degradation Starch gelatinisation Dextrinization Caramelisation Types of flour, their nutrients and how to store How to make pastry successfully Simple and complex carbohydrates to include starches, sugars and	Cooking methods for potatoes How to store and nutritional benefits of potatoes to include NSP. Vitamin C is fat soluble Conduction Convection Radiation Frying, shallow frying, roasting, baking, boiling, braising, casseroles Meat sources in UK Nutritional value of meat and poultry	Differences and definitions of HBV and LBV protein and their sources and use in nutrition. What happens if you have too much or too little protein in diet. Know the 3 categories of fish and examples of each. How we can buy fish including how to check for freshness Why fish is important in the diet	How proteins are used in cooking Setting, adding air, gluten, colour, taste, increasing nutritional value Low biological proteins and protein complementation. Types of vegetarians to include vegans Nutritional requirements and areas where nutrients may be lacking. How to provide a balanced diet for different types.	What nutrients are particularly important for a different range of people and why. To be able to source those nutrients and produce a dish including those nutrients. Know what foods are not suitable for certain groups of people.	What foods are suitable and unsuitable and why for people with medical conditions. To be able to identify what nutrients are important and to source those nutrients when planning and making a dish.

<p>fibre. Sources of these and nutritional benefits.</p> <p>Types of, nutritional value of and storage of cereals. Where they are grown and come from. How to cook with.</p> <p>Types of rice, how cultivated, nutritional value of and storage and how to cook with.</p>	<p>Structure of meat to include collagen</p> <p>Cooking methods for different cuts of meat.</p> <p>Storage of meat and poultry</p> <p>How to portion a whole chicken and why this is a good skill. How to cook poultry.</p> <p>Discuss advantages and disadvantages of both organic and factory farmed foods.</p>	<p>How fish is caught, filleted and cooking methods used.</p> <p>Function and sources of vitamin D and calcium and how they work together.</p> <p>Know the key functional properties of eggs and use them in cooking; aeration, coagulation, binding, glazing, emulsifying coating</p> <p>Protein denaturation</p> <p>Types of eggs including: chicken, duck, goose and quail.</p> <p>Understand the differences between free range and barn eggs</p>	<p>Types of religions and dietary requirements. What can and cannot be eaten.</p> <p>Jewish, Hindus and Muslims</p> <p>Religious celebrations</p>		
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They will know how to:	They will know how to:	They will know how to:	They will know how to:	They will know how to:	They will know how to:
<p>How to make a selection of recipes using flour, cereals, pasta and rice</p> <p>Reading recipes</p> <p>Writing worksheets</p> <p>How to implement key terminology into practical work.</p> <p>How to make quality pastry</p> <p>How to cook using cereals</p> <p>How to cook rice</p>	<p>Identify that some meats need cooking differently to others.</p> <p>Produce a variety of dishes using various types of meat and using a variety of cooking methods.</p> <p>How to portion a chicken and use each piece to avoid waste</p> <p>Variety of ways to cook potatoes</p> <p>Reading recipes accurately</p> <p>How to apply key terminology into practical work</p> <p>Debate</p>	<p>How to check for freshness when buying fish</p> <p>How to fillet a whole fish</p> <p>How to cook with fish using a variety of methods</p> <p>Use eggs in a variety of ways when cooking to demonstrate their functions and properties.</p> <p>Key terminology</p> <p>Record accurately</p> <p>Reading recipes accurately</p> <p>Discussing and sharing ideas</p>	<p>How to cook a dish for a vegetarian providing protein and iron.</p> <p>Cook a dish for a person with a religious diet</p> <p>Key terminology</p> <p>Record accurately</p> <p>Reading recipes accurately</p> <p>Discussing and sharing ideas</p>	<p>Research and cook a selection of dishes that take into account suitability for special diets.</p> <p>Key terminology</p> <p>Record accurately</p> <p>Reading recipes accurately</p> <p>Discussing and sharing ideas</p>	<p>Research and cook a selection of dishes suitable for people with specific medical needs.</p> <p>Key terminology</p> <p>Record accurately</p> <p>Reading recipes accurately</p> <p>Discussing and sharing ideas</p>

Link to prior learning	Link to prior learning	Link to prior learning	Link to prior learning	Link to prior learning	Link to prior learning
Protein	Carbohydrates	Nutrition	Ks3 Nutrition	Special diets	Key terminology
Basic pastry skills	Heat transfer	Basic kitchen skills	Special diets	Nutrition	Kitchen skills
Key terminology	Ks3 Nutrition	Ks3 nutrition	Kitchen skills	Kitchen skills	
Ks3 nutrition	Basic kitchen skills	KS3 science of food			