



Year 9 Subject PoS – Food and Nutrition 2022-2023

Learning	Loving	Living	
<p>Key Knowledge</p> <p>Link apply and adapt</p> <p>Build knowledge and skills</p> <p>Self-regulated, reflective independent</p> <p>Know what they are good at and what to improve</p> <p>Stretched, challenged supported</p> <p>Wider ideas culture and the world</p> <p>Use technology flexibly and responsibly</p>	<p>Well informed global citizens</p> <p>Believe they can make a difference</p> <p>Shape community and school</p> <p>Care about the environment and each other</p> <p>Responsible for their own behaviour</p> <p>Grow spiritually</p> <p>Respect and tolerance</p> <p>Charity, volunteering and fundraising</p>	<p>Wider learning</p> <p>Leadership, teamwork, collaboration</p> <p>Success for all abilities</p> <p>Value creative subjects</p> <p>Interactions with the world of work</p> <p>Safety, mental and physical health</p> <p>Equipped for their unique future</p> <p>Apply to the world beyond</p>	
Curriculum Intent			
<ul style="list-style-type: none"> • Provide pupils with the knowledge and skills they need in order to take advantage of opportunities, responsibilities and experiences of later life. Cooking is a life skill. Students make a range of recipes that build on skills so that they can develop confidence to cook independently at home. Students are encouraged to cook at home. Students will gain knowledge of nutrition, diet and health, and current food topics and trends such as carbon emission, sustainability in order to make informed food choices. • Clearly state the end points that pupils are building towards and the knowledge and skills required to reach them. Students will gain skills and techniques in order for them to cook independently, skilfully and safely. Recipes have skill focused and reinforce skills and introduce new ones. Students will also learn to research, plan and evaluate. They will be able to name, describe and know the nutritional value of different commodities. Students will have covered all the FSA and BNF core competencies to age 14 by the end of KS3 and be ready to start KS4 • Is planned and sequenced so that new knowledge and skills build on what has been taught and builds towards clearly defined end points. Learning Objectives are set for each lesson and made known to students. L/O referred to throughout lesson, and at end. Practical cooking skills are built upon each lesson and referred back to in new recipes. Year 8 knowledge of nutrition is built upon. The food science unit is included half way through the year because it is a more complex topic that is best understood once students have cooked a wide range of foods and can work quite independently; they also know how to structure and conduct a simple science investigation. • Has high ambition for all pupils Teacher and students are aware of pathway and assessments are marked according to pathway (working toward, working at, and working beyond expected level). Students have the opportunity to participate in the feed forward process and improve their work. 			
Term	Topic NB To include Spaced memory retrieval	No. of Lessons	Assessment



Autumn 1	Cake making techniques and methods Nutritional needs of teenagers. Memory recall – Eatwell guide and macro and micronutrients	10 4	Lesson 10, formal assessment: written evaluation of cake.
Autumn 2	British and International Cuisine, including a study of a cuisine of students own choice.	12	Lesson 10 International Cuisine research project
Spring 1	Food Science; enzymic browning, raising agents, gelatinisation and different cooking methods Food choice – vegetarian and vegan diets	8 2 2	Lesson 8 – written knowledge test
Spring 2	Food safety Making healthy, interesting family meals.	12	Lesson 10/11 practical cooking assessment. Lesson 9 Planning assessment.
Summer 1	Food commodities and Nutrition Memory recall – Eatwell guide, macro and micronutrients.	12	Done as part of plan and make assignment in Spring 2.
Summer 2	Food commodities and Nutrition Memory recall – Eatwell guide, macro and micronutrients.	12	Lesson 3 Knowledge test on commodities and nutrition