



Marshalls Park Academy - Curriculum Overview



Subject: Food Preparation and Nutrition

Year Group: 9

Curriculum/Subject Leader: Mrs K Webb

During Year 9 students will be provided with necessary practical skills and nutritional knowledge that will help prepare them for KS4 GCSE Food Preparation and Nutrition. Students will understand and apply the principles of nutrition and health to cook a varied selection of predominately savoury dishes so that they are able feed themselves a healthy and varied diet. They will become competent in a range of cooking techniques. How to adapt recipes to meet a range of dietary needs and life stages and to be able to modify dishes that promote current healthy eating recommendations. During the course they will be encouraged to become aware of flavour, texture and smell to decide how to season and combine ingredients.

TERM 1	TERM 2	TERM 3
Topic 1 – Food Safety and Food Allergies/Intolerance - Food safety and Food Poisoning - Allergens and Intolerance - Presentation Skills Restaurant Cuts Practical Beans on Toast Practical Future Chef Competition Topic 2 - Special dietary requirements - Vegetarian/Vegan Vegetable curry and flatbreads - Religious Diets - Medical Diets - Age related Diets Topic 3: - Commodity Study – Eggs - Structure - Quality - Food safety - Functions - Storage - Nutritional content Pancakes practical Quiche practical	Topic 5 – Technical Skills Study - Cake Making Methods - Cake making methods theory - Creaming – Victoria sponge practical - Melting – Brownies practical - Rubbing in – Pizza pinwheels practical - Whisking – Swiss roll practical Topic 6 – Commodity Study - Dairy Food - Structure - Quality - Food safety - Functions - Storage - Nutritional content Lemon Cheesecake Practical Cauliflower Cheese Practical Chicken Tikka Practical	Topic 7 – Street Food Practical Skills - Planning, making, presentation and evaluation of; Apple pie samosas Burgers Chicken kebabs
KEY ASSESSMENTS	KEY ASSESSMENTS	KEY ASSESSMENTS
HT1: Mid-term written assessment Practical assessment – FutureChef HT2: End of term written assessment Practical assessment – Quiche	HT3: Mid-term written assessment Practical assessment – Swiss roll practical HT4: End of term written assessment Practical assessment – cauliflower cheese practical	HT5: End of year written assessment HT6: End of year practical assessment