|  | **Topic** | **Key concept – what do I want the students to learn from this unit?** | **What knowledge will they acquire?** |
| --- | --- | --- | --- |
|  **YEAR 9 Food Preparation & Nutrition OVERVIEW** |
| **9 - half term 1** | 1. Seasonal foods
2. Preservation (Seasonal food)
3. Eatwell guide
 | 1. Benefit of eating the seasons.
2. Understand the scientific principles of preservation – how to make a basic chutney
3. Principals of Eatwell
4. Time plans
 | 1. Which foods are in season
2. Make chutney / Jams using seasonal gut of fruits and vegetables
3. How to apply Eatwell & seasonality to selecting dishes for practical work
4. How to justify dish selection and time plan.
5. Make a range of dishes containing seasonal food including ratatouille, autumn salad & mini Christmas cakes
 |
|  |
| **9 – half term 2** | * Eatwell guide
* Finishing techniques (seasonal Food)
* Shortcrust pastry & Baking blind (seasonal food)
 | * 8 key principles
* Modifying recipes
* Use of fondant and royal icing
* Shortcrust pastry
* Blind baking
 | * Key principles of Eatwell and how to modify recipes.
* Use of fondant and royal icing to decorate a cake
* How to make shortcrust pastry
* Function of ingredients in shortcrust pastry.
* How to bake blind
* How to enrich shortcrust
 |