

Subject: Food and Nutrition



William Hulme's Grammar School
The best in everyone™
Part of United Learning

Year: 9

Overview	<p>Pupils learn a wide range of practical and organisational skills enabling them to produce high-quality food products which meet nutritional targets and promote good health.</p> <p>Pupils will work with a range of foods to experience first-hand the working characteristics and processing techniques used when making food products.</p> <p>As well as developing a sound knowledge and a wide range of practical skills, there will be opportunities for investigation of recipe ideas, experimentation, testing and exploration.</p>
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Autumn Term	<p><u>Unit 1:</u> Deepening knowledge and application of food safety and design and make. Factors affecting food choice. Healthy eating guidelines and nutritional profiling. Time planning.</p> <p><u>Practical sessions (developing skills):</u></p> <ul style="list-style-type: none"> ■ Chocolate brownies – weigh and measure, line tray, test for readiness, using the oven, water-based method using the hob, using the oven, setting a mixture using eggs. ■ Lasagne – weigh and measure, judge and modify sensory properties, knife skills, using the oven, using the oven, layering lasagne. ■ Chicken Chow Mein – select and adjust cooking times, judge and modify taste, knife skills, advanced cuts e.g. julienne, batons, slice chicken evenly and accurately, stir frying, test for readiness with temperature probe, tenderise and marinating. 	Assessment
		<ul style="list-style-type: none"> ■ End of unit 1 – multiple choice ■ Written communication and literacy skills question ■ Practical assessment

Spring Term	<p><u>Unit 2:</u> Deepening food science knowledge. Gelatinisation of starch, shortening of fats. NEA1 practice.</p> <p><u>Practical sessions (developing skills):</u></p> <ul style="list-style-type: none"> ■ Macaroni cheese – weigh and measure, using the grill, boiling using the hob, starch-based sauce demonstrating gelatinisation. ■ Fruit tarts – weigh and measure, knife skills preparing fruit, using the oven to bake, using the hob for water-based method making custard, making a pastry dough, shaping and finishing, use of protein to set custard. ■ Samosas – weigh and measure, knife skills, using the hob for dry frying, oven for baking, shaping samosas using filo pastry. 	Assessment
		<ul style="list-style-type: none"> ■ End of unit 1 – multiple choice ■ Written communication and literacy skills question ■ Practical assessment

Summer Term	<p><u>Unit 3:</u> Deepening food design opportunities. High level skills. NEA2 practice. British and International cuisines</p> <p><u>Practical sessions (developing skills):</u></p> <ul style="list-style-type: none"> ■ Spice blends: fresh paste made and then combined into a curry – weigh and measure, knife skills, test for readiness using temperature probe, using hob to fry, boil and simmer, use of blender/pestle and mortar. ■ Shepherd's pie: weigh and measure, knife skills, boil using hob, fry and simmer using hob, bake using oven, piping/forking potatoes to improve aesthetic qualities. ■ Own design savoury multicultural – opportunity to use further specialist equipment such as food processor, pasta machine. 	Assessment
		<ul style="list-style-type: none"> ■ End of unit 1 – multiple choice ■ Written communication and literacy skills question ■ Practical assessment

Useful Resources for Supporting Your Child at Home:	Homework:
<ul style="list-style-type: none">■ Teams – all recipes will be posted on the Food and Nutrition Team at least a week in advance.■ Recipe allergy information is on the school website.	<ul style="list-style-type: none">■ Pupils are required to organise their own ingredients and suitable container in preparation for each practical lesson.■ Revision for end of unit tests – all revision resources required will be posted on Teams.