

Year 9 Food Learning Outcomes

Unit 1: Food Choice, Nutrition and Health and Food Science

Through practical work, students will be taught skills that build on from those learned in Year 8. The work will develop a deeper knowledge and understanding of nutrition and health, related to special dietary requirements and different life stages.

Food safety, sensory analysis and technical skills analysis will be used whilst evaluating the success of the dish. A deeper understanding of food science will be considered throughout the work.

RECIPE	SKILLS
Pizza	<ul style="list-style-type: none"> • General practical skills • Use of the cooker • Biological raising agents • Making and shaping bread dough • Knife skills
Stir Fry	<ul style="list-style-type: none"> • Use of the hob • Preparing vegetables and meat • Knife skills • Making a marinade
Carrot Muffins	<ul style="list-style-type: none"> • Baking skills • Use of the hob • Combining ingredients • Using a food processor
Cookies	<ul style="list-style-type: none"> • Use of the oven • Shaping with hands
Curry	<ul style="list-style-type: none"> • Use of the hob • Knife skills • Use of the temperature probe
Meringues	<ul style="list-style-type: none"> • Use of electrical whisk • Use of the cooker
Lasagne or Mac and Cheese	<ul style="list-style-type: none"> • Gelatinisation