



Curriculum Sequencing - Year 9

Year 9 - Dietary Needs & Food Science		
<p>Topics covered: Nutrition and how to eat a balanced and varied diet. Vegetarians and other special diets. The function of ingredients in recipes.</p>	<p>How it links to what you have studied before: Year 9 Food builds on previous knowledge. Students apply their knowledge of nutrition when looking at energy balance, obesity, anorexia and vegetarian diets. Students cook more complex recipes and learn about the Food Science that helps to explain how ingredients work together to give a perfect product.</p>	<p>How it links to what you will study: GCSE Food includes learning about specific dietary needs. 15% of the qualification is science based including knowledge of nutrition and food science.</p>
<p>Key words: Research - Diet - Vegetarian - Sensory Properties - Food Science - Function of ingredients - Experiment - Conclusion - Evaluation</p>	<p>Key skills: Safe use of equipment including electrical equipment - mixers, food processors Control of heat - boiling, simmering, frying, baking Following more complex recipes Evaluation - reflection on practical work and experiments Research - primary and secondary research</p>	
<p>Assessment focus Term 1 - Dietary Needs - research task Term 2 - Test - set on Google Term 3 - Practical Test - Choosing a recipe to fit a theme - planning and making a dish in 1 hour</p>	<p>Revision tips Test - Knowledge Organisers will be shared with students - read and highlight, make notes, produce some revision cards, ask someone to test their knowledge Practical Test - practice making the dish at home</p>	
<p>Why we study it: Learning how to eat a balanced diet is essential knowledge to ensure students maintain a healthy lifestyle. They will learn about the special dietary requirements of different groups of people to develop a greater understanding of social, moral, ethical and health differences. Making increasingly more complex recipes, will develop students' practical skills and dexterity at handling a range of equipment and ingredients. Students will begin to understand the scientific reactions that take place and how this produces a quality outcome They will learn how ingredients and flavourings work together in a recipe to produce a quality finished dish</p>		
<p>Mastery in this subject You will independently research a Special Diet using a range of sources: Presenting a detailed and informative report on a Diet of your choice and a personal review of a Food TV programme <u>or</u> cooking a skilled dish at home You will be able to follow a planning sheet/recipe independently You will use tools and equipment accurately</p>		

You will create complex dishes that are well made, have good flavours and textures, and are presented with great care.

