



Year 9 Food Preparation and Nutrition Curriculum

Term	Curriculum content
Michaelmas 1 	<p>Functions of ingredients in pastry making</p> <p>Understanding how to make the different forms of pastry through practical application.</p> <p>Functions of ingredients in cake making</p> <p>Understanding how to make the different types of cake through practical application.</p>
Michaelmas 2 	<p>Functions of ingredients in pasta making</p> <p>Understanding how to make the different forms of pasta through practical application.</p> <p>Functions of ingredients in bread making</p> <p>Understanding how to make the different types of bread through practical application.</p>
Lent 1 	<p>Principles of food safety</p> <p>Understanding how to keep yourself and others safe when handling/preparing and cooking high-risk foods through practical application.</p> <p>Chicken de-boning and fish filleting</p>
Lent 2 	<p>Food spoilage and contamination</p> <p>Understanding how avoid food spoilage and contamination when handling/ preparing and cooking high-risk foods through practical application.</p> <p>Making fresh soft cheese</p>
Trinity 1 	<p>Nutrients:</p> <p>Protein: function, sources, excess, deficiency</p> <p>Carbohydrates: function, sources, excess, deficiency</p> <p>Fat: function, sources, excess, deficiency</p> <p>Vitamins: functions, sources, excess, deficiencies</p> <p>Minerals: functions, sources, excess, deficiencies</p>
Trinity 2 	<p>British and international cuisines</p> <p>School trip: Hackney school of Food to learn from a chef and understand farm to fork by cooking ingredients picked from the garden.</p>