

Year 9 Learning Journey Food 2023-2024

Key Constructs						
Nutrition	Provenance	Food choice	Food safety	Food science	Food in industry	Cooking and preparation

Week	Date	Topic			Assessment	
1 (wed)	4.09.23	Introduction, sticking in LJs, ATs, KCs etc	Types of establishment commercial/non-commercial, residential/non-residential	Front of house Kitchen flow. Chef roles		
2	11.09.23					
3	18.09.23	H&C test. H&S recap. Laws, Food Inspectors	Food Poisoning	Demo Chicken skewers (cross contamination, oven, knife skills, skewer, marinate)	H&C	
4	25.09.23					
5	02.10.23	Make Chicken Skewers	H&S test	Nutrition – Macro	H&S	
6	9.10.23					
7	16.10.23	Micro, functions etc	Challenge: a balanced meal for obese Oliver. Planning	H&C and H&S RAP Nutrition Assessment		
Half term						
8	30.10.23				Nutrition	
9	6.11.23	Make meal for Obese Oliver	NEA1 explain - Practical investigative work	NEA1 Cake practical		
10	13.11.23					
11	20.11.23	Raising agents – chemical, biological, mechanical	Nutrition assessment RAP Test raising agents	Demo Chemical & Mechanical Raising Agent – Whisking, decorated swiss roll Data drop	Raising Agents	
12	27.11.23					
13	4.12.23	Make decorated swiss roll	Careers in Food	Option choices – guidance for GCSE and the future		
14	11.12.23					
CHRISTMAS						
15 (Tue)	2.01.24	Introduce NEA2. Pasta Research: types, colours, flavours etc	Skills trial: make pasta – pasta machine, colours, shapes	Pasta make reflection Sauces tasting: roux, emulsion, reduction		
16	8.01.24					
17	15.01.24	Planning to make	Make pasta dish of choice	Evaluation, cost and nutrition: Jenny Ridgewell	NEA2	
18	22.01.24					
19	29.01.24	Contingency	Food & the environment. Food provenance. Food Production.	Seasonal Foods, food miles, GM		
20	5.02.24					
Half term						
21	19.02.24	Fair trade, red tractor etc.	RAP NEA2. Exam question practice – organic food	Planning to make soup	Organic Food	
22	26.02.24					
23	4.03.24	Soup make (Knife skills, boiling, hob, food processor)	Special Diets – Coeliacs disease, diabetic	Lactose intolerant, vegetarian. Test	Special Diets	
24	11.03.24					
25	18.03.24	Food packaging and labelling	Make gluten free biscuits Data drop	Job roles and conditions		
26	27.03.24					
EASTER						
27	17.04.24	Exam Prep	Exam	Exam	Annual Exam	
28	24.04.24					
29 (BH)	02.05.24	Masterchef – Pastry	Pastry research	Shortcrust demo		
30	08.05.24					
31	15.05.24	Shortcrust make	Filo Demo and make	Choux demo		
32	22.05.24					
Half term						
33	05.06.24	Choux make	Flaky demo	Flaky make		
34	12.06.24					
35	19.06.24	Flaky make	Exam RAP	Plan own	Practical	
36	23.06.24					

37	03.07.24	Own make. Data drop	Contingency Revisit KOs and key constructs	
38	10.07.24			
39	17.07.24	Activities week		

<b>Name:</b>		<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>Subject Target</b>		<b>Flightpath</b>		
<b>Annual Exam Grade:</b>		<b>BFL</b>		

Assessments								
Date	Assessment	Grade	Date	Assessment	Grade	Date	Assessment	Grade
Aut 1	H&C		Spr 1	NEA2		Sum 1 Annual Exam All KC		
Aut 1	H&S		Spr 2	Organic Foods				
Aut 2	Nutrition		Spr 2	Special Diets				
Aut 2	Raising Agents		Sum 2	Practical				

## YR 9 KEY CONSTRUCTS for FOOD

### NUTRITION

#### FOOD PROVENANCE/ ENVIRONMENTAL ISSUES

Foods come from a range of sources; grown, reared, or caught

There are a range of environmental issues linked to food including food security

#### FOOD CHOICES/ DISH PROPOSAL

There are a range of factors that influence food choices, including enjoyment, preferences, seasonality, costs, availability, time of day, activity, celebration, or occasion

#### FOOD SAFETY

There are specific conditions needed for microorganisms to grow and multiply

There are many types of bacteria and food poisoning symptoms

#### FOOD SCIENCE

The working characteristics, functional and chemical properties of ingredients can be altered to achieve a particular result

#### FOOD IN INDUSTRY

The Hospitality and Catering providers operate in different environments

H&C provisions operate in different ways depending on their purpose

#### COOKING AND FOOD PREPARATION

There are a range of skills and processes that must be mastered

- consider the influence of lifestyle and consumer choice when developing meals and recipes
- consider nutritional needs and food choices when selecting recipes, including when making decisions about the ingredients, processes, cooking methods and portion sizes
- develop the ability to review and make improvements to recipes by amending them to include the most appropriate ingredients, processes, cooking methods and portion sizes
- manage the time and cost of recipes effectively
- use their testing and sensory evaluation skills, adjusting where needed, to improve the recipe during the preparation and cooking process
- explain, justify and present their ideas about their chosen cooking methods to others
- make decisions about which techniques are appropriate based on their understanding of nutrition, food, different culinary traditions and cooking and food preparation content in order to achieve their intended outcome. They should be able to carry out these techniques safely and combine them into appealing meals whilst evaluating the results.

#### KEY WORDS

Commercial  
Non-Commercial  
Residential  
Non-Residential  
Front of house  
Marinate  
Food Poisoning  
Raising Agents  
Roux  
Lactose Intolerant

Reduction  
Emulsion  
Food Provenance  
Food Miles  
Seasonality  
Red Tractor  
Fairtrade  
Genetically Modified  
Coeliacs Disease  
Diabetic