

Year 9 Learning Journey Food 2024-2025

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

| Week | Date | Topic | | | | Assessment |
|--------------|----------|---|--|--|----------------------|------------|
| 1 (Thurs) | 05.09.24 | Introduction, sticking in LJs, ATs, KCs etc | Types of establishments commercial/non-commercial, residential/non-residential | Front of house Kitchen flow. Chef roles | | |
| 2 | 09.09.24 | | | | | |
| 3 | 16.09.24 | H&S recap. Laws, Food Inspectors | Food Poisoning | Demo Chicken skewers (cross contamination, oven, knife skills, skewer, marinate) | | |
| 4 | 23.09.24 | | | | | |
| 5 | 30.09.24 | Make Chicken Skewers | Food Safety Test | Nutrition – Macro | Food Safety TEST | |
| 6 | 07.10.24 | | | | | |
| 7 | 14.10.24 | Micro, functions etc | Challenge: a balanced meal for obese Oliver. Planning | Food Safety RAP Nutrition Test | | |
| 8 | 21.10.24 | | | | Nutrition Test | |
| Half Term | | | | | | |
| 9 | 04.11.23 | Make meal for Obese Oliver | NEA1 explain - Practical investigative work | NEA1 Cake practical | | |
| 10 | 11.11.24 | | | | | |
| 11 | 18.11.24 | Raising agents – chemical, biological, mechanical | Nutrition Test RAP Food Science Test | Demo Chemical & Mechanical Raising Agent – Whisking, decorated swiss roll | | |
| 12 | 25.11.24 | | | | Food Science TEST | |
| 13 | 02.12.24 | Make decorated swiss roll | Careers in Food Option choices – guidance for GCSE and the future | Introduce NEA2. Pasta Research: types, colours, flavours etc | | |
| 14 | 09.12.24 | | | | | |
| 15 | 16.12.24 | Skills trial: make pasta – pasta machine, colours, shapes | Sauces tasting: roux, emulsion, reduction | PAUSE | | |
| CHRISTMAS | | | | | | |
| 16 | 06.01.25 | | | | | |
| 17 | 13.01.25 | Planning to make | Make pasta dish of choice | Evaluation, cost and nutrition: Jenny Ridgewell Mark NEA2 | | |
| 18 | 20.01.25 | | | | NEA2 | |
| 19 | 27.01.25 | Food & the environment. Food provenance. Food Production. | Seasonal Foods, food miles, GM | Fair trade, red tractor etc. | | |
| 20 | 03.02.25 | | | | | |
| 21 | 10.02.25 | GCSE long answer questions how to approach | RAP NEA2. Food Provenance Test | Planning to make soup | Food Provenance TEST | |
| HALF TERM | | | | | | |
| 22 | 24.02.25 | | | | | |
| 23 | 03.03.25 | Soup make (Knife skills, boiling, hob, food processor) | Special Diets – Coeliacs disease, diabetic | Lactose intolerant, vegetarian. | | |
| 24 | 10.03.25 | | | | | |
| 25 | 17.03.25 | Food packaging and labelling | Make gluten free biscuits Data drop | RAP Food Provenance Test Food Choice Test | Food Choice TEST | |
| 26 | 24.03.25 | | | | | |
| 27 | 31.04.25 | Exam Prep | Exam | Exam | Annual Exam | |
| EASTER | | | | | | |
| 28 (BH) | 21.04.25 | | | | | |
| 29 | 28.04.25 | Masterchef – Pastry | Pastry research | Shortcrust demo | | |
| 30 (BH) | 06.05.25 | | | | | |
| 31 | 12.05.25 | Shortcrust make | Filo demo and make | Choux demo | | |
| 32 | 19.05.25 | | | | | |
| Half term | | | | | | |

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|----|----------|--------------------------|--|------------|----------------|
| 33 | 02.06.25 | Choux make | Flaky demo | Flaky make | |
| 34 | 09.06.25 | | | | |
| 35 | 16.06.25 | Flaky make | Exam RAP | Plan own | Practical TEST |
| 36 | 23.06.25 | | | | |
| 37 | 30.06.25 | Own make. Practical Test | Practical RAP | | |
| 38 | 07.07.25 | | Contingency Revisit KOs and key constructs | | |
| 39 | 14.07.25 | Activities week | | | |

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|---------------------------|--|-------------------|---------------|---------------|
| Name: | | Autumn | Spring | Summer |
| Subject Target | | Flightpath | | |
| Annual Exam Grade: | | BFL | | |

| Assessments | | | | | |
|--------------------|---------------------------------------|--------------|-------------|--|--------------|
| Date | Assessment | Grade | Date | Assessment | Grade |
| Aut 1 | FOOD SAFETY Health & Safety | | Spr 2 | FOOD PROVENANCE Organic food | |
| Aut 1 | NUTRITION Macro, micro etc | | Spr 2 | FOOD CHOICE Special diets | |
| Aut 2 | FOOD SCIENCE Raising agents | | Sum 1 | COOKING Pastry practical | |
| Spr 1 | NEA 2 | | | | |

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