

Subject:

Food Preparation and Nutrition



HECKMONDWIKE
GRAMMAR SCHOOL

KS4 - Year 9 Curriculum Overview

Autumn Term

Topics being taught

Half Term 1

- Bread: Functions of ingredients, kneading, shaping and flavouring.
- Milk sources, alternatives and heat processing.
- Types of cheese/alternatives.
- Denaturation and coagulation.

Half Term 2

- Fat: functions and properties.
- Eggs: functions and properties
- Cereal grains and food production.
- Gelatinisation and dextrinisation.
- Protein: nutritional content and structures of meat, and fish.

Term 1

What you will be assessed on

Stepping Stone Assessment

- **End of unit test:** covering content from half term 1.
- **Progress grade:** quality of practical outcomes.

Milestone Assessment

- **End of unit test:** covering content from term 1.
- **Progress grade:** quality of practical outcomes

Term 2

How you can support at home

Include your child when gathering ingredients for practical work.

Share your cooking knowledge and experiences with your child.

Discuss recipes with your child before practical lessons.

Independent Reading: Micro and Macronutrients.

CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS

Spring Term

Topics being taught

Half Term 3

- Advanced knife skills: fruit and veg techniques.
- Methods of heat transfer.
- Raising agents: chemical, physical and biological.

Half Term 4

- Healthy eating principles and the Eatwell guide.
- Special dietary requirements
- The principles and functions of energy in the body.
- Food provenance and food miles.
- Environmental issues.

Term 3

What you will be assessed on

Stepping Stone Assessment

- **End of unit test:** covering content from half term 3.
- **Progress grade:** quality of practical outcomes.

Milestone Assessment

- **End of unit test:** covering content from term 2.
- **Progress grade:** quality of practical outcomes

Term 4

How you can support at home

Include your child when gathering ingredients for practical work.

Share your cooking knowledge and experiences with your child.

Discuss recipes with your child before practical lessons.

Independent Reading: The Eatwell guide

EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS

Summer Term

Topics being taught

Half Term 5

- Cuisine around the world.
- NEA2 Information and guidance.
- NEA2 mini investigation.
- Food hygiene and safety.
- Principles of food safety.

Half Term 6

- Exam technique and practice.
- Applying different temperatures in food preparation and nutrition.
- Bacterial contamination.

Term 5

What you will be assessed on

Stepping Stone Assessment

- **End of unit test:** covering content from half term 5.
- **Progress grade:** quality of practical outcomes.

Year 9 Finals Exam

- **Progress grade:** Teacher assessed grade of practical work.

Term 6

How you can support at home

Include your child when gathering ingredients for practical work.

Share your cooking knowledge and experiences with your child.

Discuss recipes with your child before practical lessons.

Independent Revision in preparation for Year 9 Finals exam.