

# YEAR 9 FOOD AND NUTRITION CURRICULUM OVERVIEW

Below is an overview of what the curriculum for Food and Nutrition will look like this year



THE COOPERS' COMPANY  
AND COBORN SCHOOL

*Love as Brethren*

## TERM ONE

### KNOWLEDGE

- Fat - structure, source, function, categories, excess, cholesterol
- Fat plasticity and shortening
- Reducing fat in recipes
- Factors affecting food choice – including lifestyle, life stage, cost, facilities, skill, morals and ethics



### SKILLS

- Shortcrust Pastry
- Blind baking
- Gluten free
- Flaky Pastry (lamination)
- Filo Pastry
- Nutritional Analysis to adapt recipes



### DEVELOPING PRIOR LEARNING

- Hygiene and safety
- Fat function, links between diet and health
- Breadmaking and kneading
- Weighing / Measuring
- Finishing techniques - Glazing, Shaping
- Protein coagulation
- Rubbing in
- Judge consistency
- Rolling
- Portioning
- Knife Skills
- Safe use of the oven and hob



## TERM TWO

### KNOWLEDGE

- Factors affecting food choice – including religion, dietary needs including allergies, coeliac disease and lactose intolerance
- Raising Agents – types (chemical, biological, mechanical and physical), function, limitations



### SKILLS

- Choux Pastry
- Whisking cakemaking method
- Safe use of an electric whisk
- Meringue
- Finishing techniques - Piping
- Folding



### DEVELOPING PRIOR LEARNING

- Shaping and binding wet mixtures
- Sensory Analysis
- Use of micro-organisms in food production
- Roux
- Judge consistency
- Portioning
- Shallow frying
- Shortcrust pastry
- Blind baking
- Rolling
- Hob control
- Safe use of the oven and hob
- Finishing techniques – shaping
- Knife Skills
- Weighing / Measuring



## TERM THREE

### KNOWLEDGE

- Food waste
- Food labelling
- Commodity: Milk and dairy products
- Use of micro-organisms in food production



### SKILLS

- Dry frying
- Flatbread
- Scaling recipes
- Timeplan with safety and quality checks



### DEVELOPING PRIOR LEARNING

- Meat preparation
- Shaping and binding wet mixtures
- Boiling and simmering
- Protein denaturation
- Whisking
- Knife Skills
- Layering
- Rolling
- Shallow frying
- Weighing / Measuring
- Panne
- Reduction sauce
- Finishing techniques – Shaping and Decoration
- Emulsified dressing
- Safe use of the oven and hob

