

## Mapped Overview – Year 9 Food Preparation and Nutrition

Sequence	Lesson	Homework
1	<p>Introduction into the Cultures project.</p> <ul style="list-style-type: none"> <li>Researching cultures and their dietary needs</li> <li>Balanced diet/ Good Health and Different Nutrients</li> <li>Main Issues Related to Diets – Energy Balance/Physical Activity and Healthy Weight</li> <li>How does religion effect diets</li> </ul>	<p>Finalise cultures</p> <p>What are the effects of too much energy in your diet and the long term effects on teenagers</p>
2	<p>Mexican research, planning and practical</p> <ul style="list-style-type: none"> <li>Research and identify the dishes traditionally eaten in Mexico</li> <li>Plan for practical</li> <li>Create a dish that would be eaten and represent Mexico</li> </ul>	<p>Ingredients for the practical session weighed and prepared</p> <p>Evaluate/photograph dish once cooked and suggest strength and weaknesses</p>
3	<p>Asian research, planning and practicals</p> <ul style="list-style-type: none"> <li>Research, select and plan 2 dishes that are from Asian Cuisine</li> <li>Plan for both practical</li> <li>Create 2 dishes that celebrate the countries selected from Asia</li> </ul>	<p>Ingredients for the practicals session weighed and prepared</p> <p>Evaluate/photograph dish once cooked and suggest strength and weaknesses</p>
4	<p>Italian research, planning and practicals</p> <ul style="list-style-type: none"> <li>Research, select and plan an Italian dish.</li> <li>Identify equipment and cooking methods from Italy</li> <li>Pasta making as a group</li> <li>Standard components and Health and Safety</li> <li>Spaghetti Bolognaise/Lasagne Practical</li> <li>Sauces made simple</li> <li>Savoury Pasta Practical</li> <li>Gluten</li> <li>Own pasta dish with homemade sauce</li> </ul>	<p>Ingredients for the practicals session weighed and prepared</p> <p>Evaluate/ photograph dish once cooked and suggest strength and weaknesses</p>
5	<p>Best of British</p> <ul style="list-style-type: none"> <li>Key ingredients – where do they come from and how are they grown, reared and caught</li> <li>Sustainability</li> <li>Animal welfare</li> <li>Consumer awareness</li> <li>Locally sourced/Seasonal Fruit and Veg</li> <li>Planning practical seasonal veg for a cottage/shepherds/Cumberland pie suitable for school children's diets</li> <li>Plan practical celebrating British culture and cuisine</li> </ul>	<p>Research social, moral and ethical issues relating to food</p> <p>Ingredients for the practical session weighed and prepared</p> <p>Evaluate/photograph dish once cooked and suggest strength and weaknesses</p>
6	<p>Cuisine of choice</p> <ul style="list-style-type: none"> <li>Research, plan and create a dish from a select cuisine for a festival/sporting event</li> <li>Costing</li> <li>Allergies</li> <li>Dietary needs</li> </ul>	<p>Ingredients for the practicals session weighed and prepared</p> <p>Evaluate/ photograph dish once cooked and suggest strength and weaknesses</p>
7	<p>Raising Agents</p> <ul style="list-style-type: none"> <li>Different types of raising agents</li> <li>Functions in foods</li> <li>Practical in a group – investigating how different raising agents effect a product</li> </ul>	<p>Record information from results and evaluate</p>
8	<p>Cake Making</p> <ul style="list-style-type: none"> <li>Techniques and their impact</li> <li>Plan and make a tray baked product</li> <li>Creaming, rubbing in, melting, whisking and the all in one method.</li> <li>Demonstrating skills/ techniques</li> </ul>	<p>Ingredients for the practicals session weighed and prepared</p> <p>Evaluate/photograph dish once cooked and suggest strength and weaknesses</p>
9	<p>Nutritional Values and Dietary Needs</p> <ul style="list-style-type: none"> <li>Research and plan dishes for the following needs adapting basic recipes to suit different consumers</li> <li>Vegetarian</li> </ul>	<p>Ingredients for the practicals session weighed and prepared</p> <p>Evaluate/photograph dish once cooked and suggest strength and weaknesses</p>

	<ul style="list-style-type: none"><li>• Low fat</li><li>• Healthy eating</li></ul>	
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