

**Food Preparation & Nutrition**

Date	Exams/ Assess	Unit(s)
4/9/23		<ul style="list-style-type: none"> <li>World Cuisines – trend in consumption and research into distinctive features of some international cuisines</li> <li>Practical of Greek no-bake cheesecake</li> <li>Research into the distinctive features of an international cuisine</li> <li>Practical of curry (chicken or lentil, spinach &amp; potato)</li> <li>Group presentations about researched cuisine</li> <li>DIRT1 - responding to HT1 theory assessment &amp; feedback</li> <li>Practical of Chinese Stir fry &amp; noodles</li> </ul>
11/9/23		
18/9/23		
25/9/23		
2/10/23		
9/10/23		
16/10/23		
30/10/23		<ul style="list-style-type: none"> <li>Electrical equipment and safe use of food processors</li> <li>Practical of breaded chicken goujons</li> <li>Food poverty, wastage and sustainability</li> <li>Practical of roast dinner for 1</li> <li>Food miles and carbon footprint</li> <li>Practical of Dorset Apple Cake/mince pies – for HHS Christmas Party</li> <li>Genetically modified food</li> <li>DIRT 2 - responding to HT2 theory assessment &amp; feedback</li> </ul>
6/11/23		
13/11/23		
20/11/23		
27/11/23		
4/12/23		
11/12/23		
1/1/24		<ul style="list-style-type: none"> <li>Practical assessment of either chilli-con-carne and rice OR pasta bolognese</li> <li>DIRT 3 - responding to HT3 practical assessment feedback</li> <li>Macro &amp; micronutrients: functions and sources of each</li> <li>Practical of Chicken / halloumi Greek gyros (kebabs) a home-made healthier version of fast food take-away</li> <li>Factors affecting nutritional requirements</li> <li>Nutritional requirements of children &amp; value of dairy foods in the diet</li> <li>Practical of pizza quiche cups</li> </ul>
8/1/24		
15/1/24		
22/1/24		
29/1/24		
5/2/24		
12/2/24		
26/2/24		<ul style="list-style-type: none"> <li>Methods of sauce making</li> <li>Practical of Italian macaroni cheese (all-in-one starch based sauce)</li> <li>Food science: wet heat on starch (gelatinisation)</li> <li>Italian pasta bake (roux method sauce)</li> <li>Nutritional requirements of and dietary guidelines for adults</li> <li>Practical of Chinese sweet and sour (blended method sauce)</li> <li>DIRT4 – responding to HT4 theory assessment and feedback</li> </ul>
4/3/24		
11/3/24		
18/3/24		
25/3/24		
15/4/24		
22/4/24		
29/4/24		<ul style="list-style-type: none"> <li>Factors affecting food choice and meal planning for special diets 1: vegetarians</li> <li>Practical of Chinese vegetable spring rolls</li> <li>Factors affecting food choice and meal planning for Special diets 2: athletes</li> <li>Practical of Italian pasta &amp; meatballs in sauce (reduced sauce)</li> <li>DIRT5 – responding to HT5 assessment and feedback of ongoing practical work</li> </ul>
6/5/24		
13/5/24		
20/5/24		
3/6/24		
10/6/24		
17/6/24		
24/6/24		<ul style="list-style-type: none"> <li>End of KS3 Written assessment</li> <li>Factors affecting food choice &amp; meal planning for special diets 3: food intolerances and religious dietary restrictions</li> <li>Modifying recipes</li> <li>Practical of Italian Lasagne</li> <li>DIRT 6 - in response to end of year report &amp; target setting</li> <li>Evaluation skills</li> </ul>
1/7/24		
8/7/24		
15/7/24		

# Year 9 Long Term Scheme of Learning 2023-24

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