

Year 9 Curriculum Overview

Food Preparation and Nutrition

Term	Theory	Practical
Autumn 1	Nutrition – Macronutrients – Carbohydrates/Fats/Proteins - Function/Source/Deficiency NEA1 practice write up for investigation of fats	Fish cakes – Protein rich dish Lasagne – Gelatinisation, sauce reduction Crème Brulee – Caramelisation, coagulation Quiche Lorraine – Coagulation, science of eggs NEA1 practice – Fat/pastry experiment
Autumn 2	Micronutrients – Vitamins/Minerals – Function/Source/Deficiency Fibre/Water Nutrients – end of topic test Cooking methods NEA2 practice writing a time plan	Vegetable soup – knife skills, link to vitamins, adjust recipe and seasoning Meringues – Piping techniques/coagulation/foams Pipe and fill meringues – link to presentation skills for NEA2 Cheese and onion muffins Roast dinner
Spring 1	Food science – components of heat transfer Maillard reaction Emulsions Dextrinisation/Caramelisation	Cheese on toast – maillard reaction Mayonnaise - emulsions Crème caramel – dextrinisation/Caramelisation
Spring 2	Raising agents – chemical/biological/mechanical Raising agents NEA1 practice Enzymic browning/oxidation NEA1 practice – enzymic browning Protein denaturation End of topic test – Science of cooking	Swiss roll - Mechanical RA Honeycomb – chemical RA Choux – steam as RA Filled Yorkshire puddings Meringues – consolidation of knowledge denaturation/coagulation
Summer 1	Diet and good health – Eatwell guide Planning a balanced meal Cardiovascular disease – links to diet Special diets NEA2 practice time plan Sugar/Obesity	Meatball pasta – shaping Jambalaya – modifying a recipe Cook a special diet dish Debone chicken Lemon chicken Burgers
Summer 2	Allergens Ethical diets Religious diets End of topic test – Diet and good Health Plan, prepare and cook 1 dish suitable for a specific religious/dietary need – focus on research, time plan, evaluations.	Naan Bread Fish cakes – poach fish Practical assessment – cook planned dish