



Year 9 Learning Journey for Food & Nutrition

I will have studied food for 8 weeks in both year 7 and year 8, building skills that prepare me for the GCSE Food option available in year 10. I will develop my understanding of food safety, healthy eating and explore different cultures and cuisines. I will also gain practical skills by making a variety of sweet and savoury dishes.

What will you be learning about?	How does this link to the wider curriculum?
KNOWLEDGE: I will understand why we need to health and safety procedures. I will also understand the dietary impact of not eating healthily. SKILLS: I will develop a variety of technical cooking skills to make a range of sweet and savoury dishes including curry or sweet & sour chicken, sausage rolls, Swiss roll.	Democracy - Students can share opinions and make choices about recipes, ingredients, or presentation. Rule of Law - Cooking requires strict rules for hygiene and food safety. Mutual Respect - Students work together safely in shared kitchens and must respect equipment, space, and peers.

We will develop our learning each week by focusing on:

1. THEORY – Recap Healthy eating and Food safety	Skills	RAG
PRACTICAL – Student Choice: Chicken Curry or Sweet & Sour chicken	Skills Bridge & Claw	
2. PRACTICAL - Sausage rolls / cheese and onion rolls (making own rough puff pastry)	Rolling & Folding Pastry Filling & Shaping Pastry	
EVALUATE: Self reflect – how could I improve next time?		
3. PRACTICAL - Cheesecake	Whisking Weighing & Measuring	
EVALUATE: Self reflect – how could I improve next time?		
4. THEORY – Bacteria & Food temperatures	Whisking & Rolling Baking	
ASSESSMENT 1 PRACTICAL - Swiss roll		
5. THEORY – Food poisoning	Kneading and Rolling Shaping Dough	
PRACTICAL – Tear & Share garlic and herb bread		
6. PRACTICAL – Chicken Shawarma and flat breads	Marinading Dry Frying	
ASSESSMENT 2 THEORY – 10-minute knowledge test.		

Layers	Yeast	Bacteria	Cross contamination	Nutrients	Whisking method	Rolling	Salmonella
Co2	Raising agent	Lamination	Food poisoning	Eatwell Guide	Marinade	Shaping	Cleaning

How will this help you in the future?		
Year 9	GCSE	CAREERS
Can work more independently and confidently without constant reminders. Focus on more complex dishes and presentation, instead of basic skills	KS4 - This unit will help me at KS4 by giving me the basic cooking and food safety skills needed for GCSE Food & Nutrition.	Beyond LHS - It will also help me after Lode Heath because I'll know how to cook safely and prepare healthy meals for everyday life.