

Food Technology Year 9 Curriculum Overview



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By the end of y9, students will be aware of Food waste and the environmental impact and know what steps they can take to minimise it.

With increased technical and scientific understanding, students will be able to explain the denaturation of proteins in relation to food and be able to explain the terms emulsification and gelatinisation.

Through practical experimentation, students will understand the role of gluten and how its properties can be used in a recipe; and be able to identify factors affecting the technical function of raising agents.

With a continued focus on health and nutrition, students will use the Eatwell guide and along with an understanding of BMI, BMR, PAL to create a healthy and balanced diet for targeted groups and specific dietary needs e.g., Coeliac, Vegetarian, Lactose free, Vegan.

Students will research and investigate food trends and assess their impact on health and wellbeing and understand how supposed 'superfoods' can naturally support health.

Students will gain an awareness of the cost of food and be able to create a family recipe to a budget.

They will become competent in dry, moist and frying cooking methods.

Using research, students will create dishes based on current food trends – influencers, diets, celebrities.

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They will further explore their creativity when developing recipes and products for specific occasions or people and become more adventurous.

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Week Number	Themes/ Topics	Key Knowledge & Skills	Key Assessments
1-6 (Autumn 1)	Family meals	Recap a balanced diet. Use the Eatwell guide and PAL/BMR/life stage to plan a meal suitable for a family. Understand the cost of food and create budget friendly meals. Practical: Cottage Pie Fish cakes Thai Green Curry	Planning to a budget Self-reflection on practical skills Teacher assessment of practical skills End of topic summary assessment.
7-13 (Autumn 2)	Puddings	Setting liquids – eggs, gelatin Emulsification Gelatinisation Practical: Bread and butter pudding Macaroni Cheese	Extended writing Self-reflection on practical skills Teacher assessment of practical skills End of topic summary assessment.
14-18 (Spring 1)	Pastry	Properties and history of pastry. Technical function of ingredients – fat, flour Short crust pastry Suet pastry Puff pastry Practical: Cornish Pasty Jam Tarts	Planning a practical Self-reflection on practical skills Teacher assessment of practical skills End of topic summary assessment.
19-24 (Spring 2)	Experiments and Investigations	Function and properties of Raising Agents. Function and properties of Gluten Practical: Scones/pancakes/bread breads	Planning and executing a practical investigation Extended writing Self-reflection on practical skills Teacher assessment of practical skills

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			End of topic summary assessment.
25-30 (Summer 1)	Budgeting	Benefits of increasing nutrients in food / Understanding deficiencies of some nutrients. Effects of cooking and bioavailability Environmental impact of food waste Practical: Blueberry muffins Roasted tomato and pepper soup Kale Bubble & Squeak	Research skills Presentation skills Teacher assessment of practical skills End of topic summary assessment.
31-38 (Summer 2)	Food Trends	Research food trends Research science/facts to support a diet plan. Evaluate a 'new' diet/eating plan v the Eatwell guide. Practical: Create an 'out of home' breakfast. Create an 'out of home' lunch.	Research and present a diet plan in comparison with traditional healthy eating plan. End of year exam/project.