

Year 9 Food and Nutrition

| SUBJECT: | Food and Nutrition |
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| YEAR GROUP | Year 9 |
| Term | Curriculum content |
| Autumn term – half term 1 | Breads Project – Investigating and designing a bread based product. Using the skills and techniques learnt in Y7 and Y8 to create a new bread of their own design. |
| Autumn term – half term 2 | Making the right choice – deeper investigation in to food nutrition and using this knowledge to create a range of dishes adapted to suit different dietary needs including dishes such as seasonal soup and classic risotto. |
| Spring term – half term 1 | Making the right choice continued. |
| Spring term – half term 2 | International foods project – investigating a wide range of dishes from around the world including Italian, American, Chinese and Asian cuisines. |
| Summer term – half term 1 | International foods project continued. |
| Summer term – half term 2 | Design and Make project – utilising the skills learnt and developed over the whole of KS3 to design, plan and make a 2 course meal of their own design. |