



PLUME ACADEMY - LEARNING OVERVIEW

| | |
|---------|------|
| Year | 9 |
| Subject | Food |

Prior Learning

The Year 9 curriculum builds on prior learning in by...

- Recapping and reviewing skill levels
- Extending the range of foods that are prepared and cooked
- Giving pupils the opportunity to challenge themselves in each practical lesson
- Developing knowledge of diet and nutrition further
- Allowing pupils more freedom to adapt and plan recipes

Curriculum Intent – What are the curriculum aims?

- Understand and apply the principles of nutrition and health
- Understand the source, seasonality and characteristics of a broad range of ingredients.
- What protein, carbohydrates and fats are and their role in the diet
- The names of key vitamins and minerals and how they work in the body
- Where these nutrients are found
- Researching eating habits in other cultures
- Students are introduced to a range of units that reflect the GCSE curriculum
- More complex cooking skills developed over time, and building competency in executing medium to high level practical skills
- Basic knowledge of nutritional analysis and the ability to make recommendations
- Understanding the science of ingredients in cooking
- The ability to carry out investigations into ingredients and their functions

Curriculum Implementation – What my child will be learning?

| | |
|--------|--|
| Term 1 | Theory: Diet and Nutrition Practical: Cooking skills |
| Term 2 | Theory: The Science of Baking Practical: Bread, pastry and cake making |
| Term 3 | Theory: International Cuisine Practical: Cuisines from around the world |

Curriculum Impact – How will progress be assessed?

Progress is assessed over 4 strands in Food:

Research – pupils will research information that is relevant to their learning. This will be assessed by the teacher.

Planning – pupils will learn to plan and sequence their practical lessons. This will be assessed by the teacher.



Making – practical skills are assessed over a series of lessons This will be assessed both by the teacher and peer/self-assessment.

Evaluating – Pupils will evaluate their practical work each lesson, either in the form of a self-assessment or an extending writing task which is assessed by the teacher.

Super-Curricular Opportunities – Extending Learning

| Useful study resources: | If a student is really passionate about this subject, they could: | As a parent/carer, I can assist my child in this subject by: |
|---|---|---|
| https://www.foodafactoflife.org.uk/ http://blog.grainchain.com/ https://www.dairycouncil.co.uk/ | <ul style="list-style-type: none">• Seasonal after school cooking challenges• Promotion of Junior Great British Bake Off | <ul style="list-style-type: none">• Adapting recipes to cook at home• Allowing them to assist with cooking and food shopping• Visiting food markets• Watch cooking shows |