

## UNDERSTAND

### Vocabulary

Health and safety  
Hygiene  
Knife skills  
Claw grip  
Bridge hold  
Carbohydrates  
Protein  
Sensory analysis  
Star diagram  
Source  
Function  
Kneading  
Amino acids  
Low biological value protein  
High biological value protein  
Protein complementation

### Key Information

*You will need to bring in your own ingredients unless you are pupil premium. You will cook twice in a half term. Your practical skills will be assessed twice a term.*

### What you should already know

Knife skills, health and safety in the food room.

## APPLY

### Information

#### Term 1 – Vegetable Curry and Chicken Fajitas

This term you will learn about protein and you will combine all previous skills together to make a vegetable curry. You will use a wider range of equipment.

#### Term 2 – Ice-Cream Experiment and Yeast Investigation

This term you will learn how to conduct food experiments based on a hypothesis. You will predict what you think will happen and compare your result to others who have used different variables. You will learn about endothermic reactions.

#### Term 3 – Healthy Pizzas and Cereal Bars Tray Bake

This term you will consider the impact of having unhealthy diets. You will adapt a recipe to make a pizza using healthy ingredients – such as wholemeal flour, low fat cheese, vegetables and healthy protein sources – such as chicken.

### Want to know more

In year 9, you will make vegetable soup using a stick blender. You will also learn how to make dough and make bread rolls. Then you will learn about pastry and make puff pastry for sausage rolls and filo pastry for samosas. In term three you will learn about food miles and the impact of the food industry on the environment. You will learn about food from different cultures and make Caribbean chicken and sushi.

## CREATE



### Links to other subjects

Maths – Weighing, measuring, quantities, and ratios.

English – Reading and following a recipe.

