

## UNDERSTAND

### Vocabulary

Health and safety  
Hygiene  
Knife skills  
Kneading  
Nutrition  
Puff pastry  
Filo pastry  
Choux pastry  
Shortcrust pastry  
Food miles  
Global warming  
Greenhouse gases  
Sushi  
Marinating  
Importing  
Seasonal

### 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

How to use a range of equipment safely and confidently.

## APPLY

### Information

In year 9, students will cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet. They will begin with making a dish to feed a family using limited ingredients: vegetable soup. We want students to become competent in a range of cooking techniques so they will develop their skills of selecting and preparing ingredients; using utensils and electrical equipment, as well as use their awareness of taste, texture and smell to decide how to season their soup. They will then learn a skill for life in the task of making their own dough for bread.

A high level of challenge will be evident as students explore pastry dishes. They will make puff pastry and sausage rolls, as well as filo pastry for samosas. We want students to be culturally aware, so they develop an understanding of the effect that the food industry has on the environment through study of food miles, climate change, source, seasonality of ingredients from an ethical perspective. They are then set the challenge to create a dish using locally sourced ingredients. Cooking is one of the great expressions of human creativity so they will explore the food of other cultures, such as Japanese cuisine. They will make a variety of sushi roles and Caribbean chicken.

### Want to know more

In year 10, if you choose to study Food Preparation and Nutrition, you will learn about nutrition, food choice, and food provenance and food science and food safety. You will complete 2 pieces of non-examined assessment. One will be an investigation and the other will be a three course timed practical across 3 hours. You will plan your menu and conduct research beforehand and sensory analysis and evaluation of your dishes.

## CREATE



### Links to other subjects

Maths – Weighing, measuring, quantities, and ratios.

English – Reading and following a recipe.

