

Curriculum Content Map		Subject: Food Year 9		
Month		Rotation 1 - Skills, Theory & Practical Knowledge	Rotation 2 - Skills, theory & Practical Knowledge	
	Units of Work	<p>Kitchen Skills Food hygiene (safe storage of raw/cooked ingredients, chopping boards, hygienic work space) combining methods (mixing, blending, kneading) Weighing & measuring (scales, measuring jugs, spoons) Using electrical kitchen equipment (blender, juicer)</p> <p>Theory Proving dough (understanding yeast) raw meat (handling safely)</p> <p>Practical Soup (chopping, dicing vegetables) Bread rolls (measuring, kneading, proving, baking) Sausage rolls (measuring, mixing, meat handling, baking) Vegetable samosas (slicing, dicing, frying) Caribbean chicken (meat handling, dicing, slicing, mixing, simmering) Salmon & vegetable sushi (fish handling, slicing, combining ingredients, presenting dish)</p>	<p>Kitchen Skills Food hygiene (safe storage of raw/cooked ingredients, chopping boards, hygienic work space) combining methods (mixing, blending, kneading) Weighing & measuring (scales, measuring jugs, spoons) Using electrical kitchen equipment (blender, juicer)</p> <p>Theory Proving dough (understanding yeast) raw meat (handling safely)</p> <p>Practical Soup (chopping, dicing vegetables) Bread rolls (measuring, kneading, proving, baking) Sausage rolls (measuring, mixing, meat handling, baking) Vegetable samosas (slicing, dicing, frying) Caribbean chicken (meat handling, dicing, slicing, mixing, simmering) Salmon & vegetable sushi (fish handling, slicing, combining ingredients, presenting dish)</p>	
Cultural Transmission	National Curriculum area - KS3	<ul style="list-style-type: none"> understand and apply the principles of nutrition and health cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet understand the source, seasonality and characteristics of a broad range of ingredients. 	<ul style="list-style-type: none"> understand and apply the principles of nutrition and health cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet understand the source, seasonality and characteristics of a broad range of ingredients. 	
	Substantive Knowledge	<i>The What!</i>	Our students will become competent and confident in their ability to use a range of cooking techniques and a variety of cooking utensils and electrical equipment. They will grow the ability to be able to use more than one cooking technique in a single dish. Students will develop their awareness of taste, texture and smell through deciding how to season their dishes. We want our students to develop their skills of selecting and preparing ingredients by adapting a soup recipe to suit both their budget and taste. To encourage a cultural awareness of the food industry and its impact on the world around us, students will study and develop an understanding of the effect that the food industry has on the environment, climate change, source and seasonality of ingredients, all from an ethical and food miles perspective. They are then set the challenge of creating a dish using locally sourced ingredients.	
	Disciplinary knowledge	<i>The How!</i>	In Year 9, students will cook a repertoire of predominantly savoury dishes, building on their learning from Years 7 and 8 where they develop the skills to be able to feed themselves and others a healthy and varied diet. They will begin with making a dish to feed a family using a small selection of ingredients to make a vegetable and bean soup. They can practise more advanced level skills whilst making pizza dough and toppings, combining these and cooking a homemade pizza. A high level of challenge and ambition will be evident as students explore pastry dishes. They will make puff pastry and sausage rolls, as well as filo pastry for samosas. Students will continue to study traditional foods from different cultures, exploring traditional Japanese cuisine by planning and making a variety of sushi rolls and Caribbean cuisine through cooking Caribbean chicken.	
	Sequencing (Flow)	<i>Retrieval & Extension</i>	<p>Design and develop recipes which combine skills Create a range of sweet & savoury healthy dishes. Explore alternative lifestyle meals such as veganism and vegetarian meals as part of a varied diet Explore cultural dishes which use a broad range of ingredients.</p> <p>Make Weighing & measuring ingredients and using portion control. Using electrical kitchen equipment</p> <p>Evaluate Use sensory evaluation to analyse dishes Experiment with alternative ingredients to create inexpensive and healthier options.</p> <p>Technical Knowledge Mixing, blending Raising agents and Baking Simmering, boiling knife skills, slicing, dicing, chopping</p>	<p>Design and develop recipes which combine skills Create a range of sweet & savoury healthy dishes. Explore alternative lifestyle meals such as veganism and vegetarian meals as part of a varied diet Explore cultural dishes which use a broad range of ingredients.</p> <p>Make Weighing & measuring ingredients and using portion control. Using electrical kitchen equipment</p> <p>Evaluate Use sensory evaluation to analyse dishes Experiment with alternative ingredients to create inexpensive and healthier options.</p> <p>Technical Knowledge Mixing, blending Raising agents and Baking Simmering, boiling knife skills, slicing, dicing, chopping</p>
	Summative Assessment		Students will have a summative assessment on preparing and creating a savoury dish. Students will complete a summative assessment on preparing and creating a sweet dish	Students will have a summative assessment on preparing and creating a savoury dish. Students will complete a summative assessment on preparing and creating a sweet dish
Personal Empowerment	Virtue	<ol style="list-style-type: none"> 1. Friendliness and Civility (September) 2. Justice and Truthfulness (October) 3. Courage (November) 4. Generosity (December) 5. Gratitude (January) 6. Good Speech (February) 	<ol style="list-style-type: none"> 1. Good Speech (Feb) 2. Good Temper and Good Humour (March) 3. Self Mastery (April and May) 4. Compassion (June) 5. Good Sense (July) 	
	Link to Virtue	<i>The opportunity to reflect, think deeply and critically about an issue.</i> Friendliness and Civility – Peer support in practical tasks, working together. Justice and Truthfulness – Honestly evaluating their work and the work of their peers. Courage – Being honest about their skills and confidence levels with using equipment. Generosity – Sharing of equipment, ingredients and helping others. Gratitude – Appreciation of traditional cultural dishes and how these have enriched our lives. Good Speech - Using correct vocabulary for techniques and practices.	Good Speech - Using correct vocabulary for techniques, methods and practices. Good Temper & Good Humour – keeping calm when things go wrong. Self-Mastery – working independently to prepare and cook dishes Compassion – Help with peer-feedback and evaluation in a caring and constructive way. Good sense – following rules and asking for help when required.	
Preparation for Work	Skill	<ol style="list-style-type: none"> 1. Listening (September) 2. Leadership (October) 3. Problem Solving (November) 4. Creativity (December) 5. Staying Positive (January) 6. Speaking (February) 	<ol style="list-style-type: none"> 1. Speaking (February) 2. Staying Positive (March) 3. Aiming High (April and May) 4. Speaking (June) 5. Teamwork (July) 	
	Link to Skill	<i>Transferable skills</i> Listening – actively listening to instructions and being able to recall these later. Leadership – Lead on preparation and cooking dishes and being prepared to help others. Problem-Solving – Overcoming challenges in practical cooking tasks and adjusting recipes Creativity – In presentation of dishes Staying Positive – Using feedback in a positive way to improve practical skills. Speaking – being able to clearly explain processes in their recipes.	Speaking – talking about processes, they are undertaking when asking to explain processes. Staying Positive – Using feedback in a positive way to improve practical skills. Aiming High – setting high standards for the taste and presentation of dishes Speaking – sharing ideas and opinions. Teamwork – students work together in pairs during practical work, supporting each other.	
Preparation for Citizenship	SMSC & British Values	An appreciation that living under the rule of law protects individual citizens and is essential for their wellbeing and safety. Encourage students to accept responsibility for their behaviour, show initiative, and to understand how they can contribute positively to the lives of those living and working in the locality of the school and to society more widely	An appreciation that living under the rule of law protects individual citizens and is essential for their wellbeing and safety. Encourage students to accept responsibility for their behaviour, show initiative, and to understand how they can contribute positively to the lives of those living and working in the locality of the school and to society more widely	
	Link to SMSC & British Values	<i>Developing opinions on current issues</i> Pupils will be working together cooking in pairs which will help them to recognise how they can show initiative and understand the consequences of their actions. They will experience dishes from other cultures and learn to appreciate their value to society.	Pupils will be working together cooking in pairs which will help them to recognise how they can show initiative and understand the consequences of their actions. They will experience dishes from other cultures and learn to appreciate their value to society.	