

Food HT 1: Learning Journey

What are we learning about?

In this unit we are learning about nutrition and health. We will be looking in depth at specific nutrients.



Why are we learning about it?

This means that we can look in depth at the sources and functions of specific nutrients. Doing so ensures we know how and where to find such nutrients.



What new KNOWLEDGE will I gain?

What the nutrients do for the human body as well as deficiencies. Alternative sources of nutrients will be discussed.

TOPIC: Nutrition



How does this build on the SKILLS I already have?

I can already work hygienically and safely in a practical setting.



What new SKILLS will I develop?

I will develop the ability to link ingredients with nutrients and how they are used.



How does this build on the KNOWLEDGE I already have?

Using the Eatwell Guide we can build on the topics covered in year 7 but in greater detail.

Food HT 2: Learning Journey

What are we learning about?

In this unit we will be learning about how certain ingredients function in recipes.



Why are we learning about it?

Having the ability to understand how ingredients work means that we can use alternatives if necessary and solve any problems that may arise.



What new KNOWLEDGE will I gain?

We will learn new vocabulary such as coagulation and denaturation. This unit will also teach us about these processes.

TOPIC: Functions of ingredients



How does this build on the SKILLS I already have?

This will build on reflective and analytical skills from previous evaluations. Maintain a good standard of hygiene practices.



What new SKILLS will I develop?

I will be able to use new and specific equipment in the making of foams which ensure as stable product.



How does this build on the KNOWLEDGE I already have?

Having already learn about nutrients, this will build on how the different ways the body absorbs such nutrients.

Food HT 3: Learning Journey

What are we learning about?

In this unit we will be learning about the different types of raising agents used in cookery.



Why are we learning about it?

Not only to prepare any future pupils for gcse but also to embed the functions that different groups of ingredients have.



What new KNOWLEDGE will I gain?

I will learn about the different classifications of raising agents and how they work. In particular about mechanical raising agents.

TOPIC: Functions of ingredients



How does this build on the SKILLS I already have?

Having already made pastry in year 8, I will be able to build on those skills and testing for readiness.



What new SKILLS will I develop?

In this unit I will be able to master the high skill of choux pastry making.



How does this build on the KNOWLEDGE I already have?

Having already learnt about coagulation and denaturation this will build on the function of eggs and highlight their use as a raising agent.

Food HT 4 : Learning Journey

What are we learning about?

In this unit we will be learning about special diets that many people have due to allergies or through choice.



Why are we learning about it?

This will facilitate understanding of how to cater for such diets and why it is important to follow these.



What new KNOWLEDGE will I gain?

I will be able to distinguish the difference between an allergy and an intolerance, whilst looking at the specific dietary needs of vegetarians and vegans.

TOPIC: Special diets



How does this build on the SKILLS I already have?

I will be able to analyse the impact of different factors in relation to food choices.



What new SKILLS will I develop?

I will be able to identify the risks and how to avoid cross contamination of foods. I will also be able to anticipate the symptoms of anaphylactic shock.



How does this build on the KNOWLEDGE I already have?

This will build on the multicultural unit in year 8 where we looked at Vegetarianism.

Food HT 5: Learning Journey

What are we learning about?

In this unit we will be learning about multicultural foods from around the world.



Why are we learning about it?

We are learning about this in order to broaden our palates and understanding of the different ingredients available globally.



What new KNOWLEDGE will I gain?

I will be able to identify new ingredients and their sources. This will then allow me to evaluate the impact of their availability in the UK.

TOPIC: Multiculturalism.



How does this build on the SKILLS I already have?

I will be able to use previous evaluation skills and interpret information gathered from different sources.



What new SKILLS will I develop?

I will be able to evaluate the link between foods and the individual cultures. The use of sensory vocabulary will allow me to identify and describe new experiences.



How does this build on the KNOWLEDGE I already have?

Having already learnt about multiculturalism in year 8, this will allow me to explore this topic further and why it is so prevalent in the UK.

Food HT 6: Learning Journey

What are we learning about?

In this unit we will be learning about how to apply our theoretical knowledge to searching for appropriate recipes.



Why are we learning about it?

We are learning about this in order to be more independent in practical lessons. This will then prepare us for our future lives and food preparation.



What new KNOWLEDGE will I gain?

I will be able to identify which recipes are adaptable and how to modify these recipes.

TOPIC: Practical skills and nutrition recap



How does this build on the SKILLS I already have?

Being able to analyse the nutritional information from previous practical lessons means that I will be able to build on this skill and validate my choices in depth.



What new SKILLS will I develop?

I will be able to compare different sources of recipes and justify the use of these sources with reference to nutritional analysis.



How does this build on the KNOWLEDGE I already have?

By using the nutritional knowledge I have this will mean that I can assess whether a recipe is suitable or not.