

Year 9 - Food

What are we learning about?

You will learn about how to create healthy family meals, how to create dishes that utilise store cupboard essentials and leftovers, and how to adapt a recipe to create a seasonal dish.



Why are we learning about it?

If you do not choose GCSE Food this will be your final year in food. You will be learning how to make a range of meals that you will be able to make throughout your life. You will also learn how to avoid food waste and utilise anything you have available.



What new KNOWLEDGE will I gain?

- How to work with high risk foods to work safely and hygienically.
- How dishes or recipes can be adapted to utilise seasonal produce.
- How to create dishes from leftover ingredients to reduce food waste.



How does this build on the KNOWLEDGE I already have?

You might have basic knowledge of seasonality and what is available in supermarkets during the year.



What new SKILLS will I develop?

- Enrobing chicken
- Butterflying a chicken
- Making a spice mix
- Adapting a recipe
- Creating your own recipe



How does this build on the SKILLS I already have?

- Basic cooking and preparing of ingredients.
- Making sauces
- Basic knife skills



- Chicken Parmo
- KFC Chicken
- Layered Pasta Salad
- Veggie Pitta Pizza
- Tuna Pasta Bake
- Ready Steady Cook Challenge
- Seasonal Dishes
- Oreo Truffles



**READY
STEADY
COOK**

