

*Year 9 Food and Nutrition*

Curriculum



# *Year 9 Food and Nutrition Curriculum*

## **Introduction**

Students will study

- The basics of nutrition: Understanding carbohydrates, proteins, fats, vitamins, and minerals.
- Healthy eating habits: Building balanced meals, reading food labels, and making informed choices.
- Food safety and hygiene: Keeping food safe from bacteria and preventing foodborne illness.
- Cooking techniques: Mastering essential skills like chopping, mixing, baking, and frying.
- World cuisines: Exploring the diverse flavors and traditions of different cultures.
- Special diets: Understanding the needs of people with dietary restrictions.
- Food sustainability: Learning about the environmental impact of food choices.

## *Curriculum Content:*

### *1. Nutrients*

- Carbohydrates
- Fats
- Protein
- Vitamins
- Minerals
- Phytonutrients
- Fibre

### *2. Cooking Skills*

- Equipment
- Knife skills
- Methods of Cooking
- Food preparation skills



### *3. Food Hygiene and Safety*

#### **Food handling rules**

- Wash hands frequently; keep surfaces clean; separate raw and cooked foods;
- Cook foods to safe internal temperatures; refrigerate perishable foods promptly;
- Thaw foods safely; avoid cross-contamination; keep hot foods hot and cold foods cold;
- Don't eat foods past their expiration date; be aware of foodborne illness symptoms;
- Knife skills and safety

### *4. Dietary Needs*

- Understand the factors that influence individual food requirements.
- Identify the dietary needs of specific groups, such as pregnant women, individuals with allergies, and people with medical conditions.

### *5. Different Methods of Cooking*

Baking, barbequing, boiling, braising, dry frying, stir frying, shallow frying, grilling, roasting, simmering, steaming, and poaching.

### *6. The Appearance and Importance of Food*

To learn about and plan meals for special occasions and festivals.

Learn about attractive presentation of food.

Christmas, Eid, Thanksgiving, Pancake Day, Chinese New Year, Yom Kippur etc

### *Learning Objectives:*

- To understand the building blocks of food, carbs, proteins, fats and micronutrients
- To handle knives safely and learn cutting techniques
- To fully understand the rules around food hygiene
- Identify the dietary needs of specific groups, such as pregnant women, individuals with allergies, and people with medical conditions.
- Learn about dietary fibre
- To understand the different methods of cooking
- Learn how to conduct a practical investigation
- To learn about the physical and chemical properties of food
- To learn about and plan meals for special occasions and festivals.
- Learn about attractive presentation of food.
- Create a variety of savoury and sweet dishes nearly every week



## *Assessment:*

Pupils will be assessed on their ability to:

- Plan and prepare nutritious meals for different individuals, considering their dietary needs and preferences.
- Demonstrate advanced cooking skills, including knife techniques and various cooking methods.
- Analyse the nutritional content and health benefits of different ingredients.
- Evaluate the sustainability and ethical implications of food choices.
- Create and adapt their own recipes to suit different dietary requirements and preferences.

## *Resources*

- A range of resources will be used to support students' learning, including:
  - Textbooks and recipe books
  - Equipment and ingredients for cooking

## *Evaluation and Review*

The curriculum will be reviewed annually to ensure its effectiveness. Feedback from students, teachers, and parents will be considered in the review process.

Updated August 2024

Next review: August 2025