

**Year: YEAR 9**  
**Subject: FOOD TECHNOLOGY**

Term	Week	Focus	Summary	Lesson objectives	Parental Support	Independent Learning
1A	1	<b>Introduction to Pastries</b>	To gain knowledge and understanding of the types of pastries and their uses. Suitable equipment and Ingredients Health implications of consuming too much Pastry dishes – eg: fat content	To know the main types of Pastries and their uses in cooking. Eg: Shortcrust, rough puff, flaky, choux, suet and filo pastry Common faults in pastry making		Research a variety of sweet and savoury dishes using short crust pastry
	2	<b>Short crust pastry</b>	To gain knowledge and understanding of how to prepare and make short crust pastry. Variations on recipes How to bake pastry 'Blind'. Teacher demonstration on how to bake pastry blind.	<b>Short crust pastry</b> <b>To know the ingredients and basic proportions used.</b> <b>Oven temperatures and cooking times.</b> <b>Recipes and contributions shortcrust pastry had to a meal.</b>		Watch a you-tube video in which Nigella Lawson or Paul Hollywood shows how to prepare and make a dish using short crust pastry.
	3	<b>Practical Planning – Short crust pastry</b>	Choose a sweet or savoury recipe using short crust pastry to make in next weeks lesson. Possible dishes: Quiche Lorraine –(demonstrating Bake Blind procedures), Jam tarts, Or a pie with a lid.	Task: Plan, prepare and make a sweet or savoury dish to illustrate the use of Short crust pastry .  Record recipe and ingredients to make next week.	To become familiar with ingredients for your child's practical session next week.	

3	<b>Practical session-</b> Short crust pastry	Prepare and make chosen dish to illustrate the use of short crust pastry. Follow recipe thoroughly Use correct oven temperatures Evaluate outcome	Prepare and make chosen dish to illustrate the use of Short crust pastry Evaluate outcome.		
4	<b>Pastries- Choux Pastry</b>  <b>Practical Planning :</b> <b>Choux Buns</b>	To gain knowledge and understanding of how to prepare and make a variety of sweet and savoury dishes using Choux pastry How it contributes to meals Correct oven temperatures and cooking times Teacher demonstration on how to make choux buns To record ingredients for next weeks lesson - Choux Buns	To know the ingredients and basic proportions for making Choux pastry (Choux means French for 'small cabbage') To know the variations on recipes and its contribution to meals Oven temperatures and time. Record recipe and ingredients needed to make Choux Buns In next week's lesson.		Research a variety of sweet and savoury dishes using Choux Pastry
5	<b>Choux Pastry</b> <b>Practical</b>	Prepare and make a batch of Choux Buns by following a recipe correctly. Evaluate Outcome	Task: Prepare and make a dish to illustrate the use of Choux Pastry. Dish: Choux Buns Evaluate outcome.		
6	<b>Flaky and rough puff pastry</b>  <b>Practical Planning :</b>	To gain knowledge and understanding of both Rought Puff and Flaky pastries and their contributions to meals. Practical Planning; Prepare and make a sweet or savoury dish to Illustrate the use of Rought puff or flaky pastry. Possible dishes:	To know the difference in the methods of making Rough puff and flaky pastries. Ingredients and basic proprtions. Oven temperatures and cooking times.	To become familiar with ingredients for next weeks practical	

			Savoury Plait Fruit Jalousie			
	7	<b>Practical session: Rough Puff/ Flaky Pastry</b> Prepare and make a sweet or savoury dish to illustrate the use of Rough Puff or Flaky Pastry Evaluate outcome	Prepare and make chosen dish by following a recipe correctly. Evaluate outcome	Prepare and make a savoury Plait or sweet dish using Rough Puff or Flaky pastry Evaluate outcome.		

Term	Week	Focus	Summary	Learning Outcomes	Parental Support	Independent Learning
1B	1	<b>Introduction to Yeast Cookery</b>	To gain knowledge and understanding on the various types of yeast and its uses in baking. To understand the conditions in which yeast needs in order to grow How to store yeast.	To know the different types of yeast and the recipes they are most suited for To know what conditions Yeast need in order to grow How yeast causes the dough to rise.		<b>Yeast experiment</b> -Carry out experiment on Gas Production from yeast Food & Nutrition – Page 208
	2	<b>Yeast cooking -Introduction to bread making</b>	To gain knowledge and understanding on ingredients used in bread making and its functions Fermentation and conditions needed for the dough to rise To gain knowledge and understanding of the traditional and Chorley wood methods of bread making.	To research a variety of breads made from yeast To know the ingredients used and its functions To know the difference between the chorley wood method and traditional method of bread making.		
	3	<b>Practical Planning Bread or Bread buns</b>	Choose a bread or bread bun recipe to make in next week's lesson. Possible dishes: Loaf Focaccia Bread Bread buns	Task: Plan, prepare and make a loaf of bread or a batch of bread rolls to illustrate the use of yeast in bread making.	Become familiar with ingredients for next weeks lesson.	

			Record ingredients if needed from home.			
4	<b>Practical session – Bread making</b>	<b>Make the dish of your choice to illustrate the use of yeast in bread making</b> <b>Follow recipe accurately from beginning to end.</b> <b>Evaluate outcome</b>	Prepare and make your chosen dish to illustrate the use of yeast in bread making Evaluate outcome			
5	<b>Practical planning – Sweet dish using yeast</b>	<b>Choose a sweet recipe to illustrate the use of yeast in baking.</b> <b>Record recipe and ingredients needed from home to make in next week's lesson.</b> <b>Possible dishes:</b> <b>Hot Cross Buns</b> <b>Chelsea buns/cinnamon buns</b>	Task: Prepare and make a sweet dish to illustrate the use of Yeast in baking.	Become familiar with ingredients needed for next weeks lesson	Research a variety of sweet dishes using yeast .	
6	<b>Practical session: Prepare and make a sweet dish to illustrate the use of yeast in baking</b>	Prepare and make chosen dish. Follow recipe accurately from start to finish. Evaluate outcome.	Prepare and make one of the following dishes to illustrate the use of yeast in sweet recipes. Evaluate outcome.			
7	<b>Practical Planning – Pizza</b>	To follow a recipe from start to finish and produce a Pizza dish with fillings of your choice. Record ingredients to bring in after the school holidays	Task: Plan, Prepare and make a Pizza to illustrate yeast as a raising agent in savoury dishes.	Become familiar with ingredients needed for Pizza which will be made after the school holidays.		

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<b>2A</b>	1	<b>Practical session</b> – Pizza making Evaluate outcome	Prepare and make pizza's by following a recipe accurately from start to finish using a variety of toppings.	Task: Prepare and make Pizza's with the toppings of your choice. Evaluate outcome.		
	2	<b>Introduction to Healthy Eating</b>	To gain knowledge and understanding of Healthy eating What is a Diet? Diet related diseases. Students to record and analyse what they ate in a day.	To define 'what is a diet' Identify Various types of diets and reasons for each one.	Encourage Healthy Eating at home	Design your own poster with the title' How to choose a Healthy Diet'
	3	<b>Nutrients</b>	To understand and gain knowledge on why its important to include the five groups of nutrients in our diets to enable us to remain healthy.	To know the five groups of nutrients: Protein, Carbohydrate, Fat, Vitamins and Minerals To know which foods are good sources of nutrients needed for a Healthy Diet.		
	4	<b>Protein</b>  <b>Practical Planning – Protein</b>	To gain Knowledge and understanding of Protein and its sources and uses in the diet. To understand how TVP is used as an alternative protein source in vegetarian and vegan Diets. Plan, prepare and make a dish to illustrate the use of Protein in the diet. Record ingredients for next weeks lesson	To know why protein is important in the diet. To know the Sources of Protein. To know how TVP ( Texture Vegetable Protein) is made and used as a protein substitute in a vegetarian /Vegan diet. <b>Practical Planning</b> - Protein	Become familiar with ingredients for next weeks lesson.	
	5	<b>Practical session - Protein</b>	Prepare and cook chosen dish to illustrate the use of protein in the diet.	Prepare and make chosen dish to illustrate the use of Protein in the diet. Evaluate outcome.		

			Follow recipe accurately from start to finish. Evaluate outcome.			
	6	<b>Carbohydrates and Fats</b>	To gain knowledge and understanding of the importance of some carbohydrates and fats in the diet. To understand the reasons for eating less fat to prevent Heart disease and high cholesterol. To gain knowledge and understanding on ways to cut down on the amount of 'bad' fats and carbohydrates in the diet.	To know why some carbohydrates and fats are important in the diet. To become aware of the effects of having too much fat in the diet and how it is linked with Heart disease and high cholesterol.		Research a variety of Low fat recipes and choose one to make in next weeks Lesson
	7	<b>Practical session: Prepare and make a Low fat dish to illustrate how to Eat less fat.</b>	<b>Prepare and make chosen Low fat dish. Follow recipe correctly from start to finish. Evaluate outcome.</b>	Prepare and make a Low fat dish to illustrate how to cut down on fat in the diet to prevent Heart disease and high cholesterol . Evaluate outcome.		

Term	Week	Focus	Summary	Learning Outcomes	Parental Support	Independant Learning
<b>2B</b>	1	<b>Vitamins A and B</b>  <b>Practical planning</b>	<b>To Gain knowlwdge and understanding of the importance and functions of vitamins A and B and their chemical names. To know what foods these vitamins can be obtained from.</b>	To understand the importance of vitamins A & B and its functions in the body. To know what foods contain these two vitamins.	To encourage your child to include a variety of foods in their diet which contains Viamins A & B To become familiar with ingredients for next weeks practical session.	To create a power - point leaflet or poster on the importance of vitamins A & B in the diet.

			<b>Prepare and make a dish to illustrate the use of vitamins A or B in the diet</b>			
2	<b>Practical session</b> Prepare and make a dish using foods which provide vitamins A or B in the diet.			Prepare and make chosen dish to illustrate the use of Vitamins A or B in the diet. Evaluate outcome.		
3	<b>Vitamins C &amp; D</b>  <b>Practical planning :</b> A dish to illustrate the use of Vitamins C or D or both, in the diet.	To Gain knowledge and understanding of the importance of vitamins C & D in the diet. To know the deficiency diseases which can occur if our diets are severely lacking in these vitamins To gain knowledge and understanding of the types of foods which contains vitamins C & D. Practical Planning Perpare and make a dish to g	To Know the importance of vitamins C & D in the diet. Foods which contain both vitamins and what these vitamins do for the body.  Practical Planning Task Plan, prepare and make a dish to illustrate the use of foods containing Vitamin of both Vitamin's C or a mixture	Become famaliarised with ingredients for next weeks lesson.		
4	<b>Practical Session – Vitamins C &amp; D</b>	Prepare and make chosen dish to illustrate the use of Vitamins C & D Follow recipe accurately to avoid any food spoilages. Evaluate outcome.	Prepare and make chosen dish to illustrate the use of vitamins C and D in the diet. Evaluate outcome.			
5	<b>Minerals- Calcium &amp; Iron</b>	To gain knowledge and understanding of the importance of Calcium and Iron in the body and the deficiency diseases which	To Know why Calcium and Iron are important minerals in our diet. To know how vitamin D plays a major role in helping			Research a variety of sweet and savoury iron and calcium rich dishes Choose one of these to make in next weeks lesson.

			could arise if we were lacking in these minerals. To know what foods contains these minerals. To understand the important role vitamin D has in helping calcium to be absorbed in the body.	Calcium to be absorbed into the body.		
	6.	<b>Practical session – Minerals Calcium / Iron</b>	To follow a recipe accurately and prepare and make your chosen dish. Evaluate outcome.	To Prepare and make chosen dish to illustrate the use of Calcium and Iron in the diet. Evaluate outcome		Revision for assessment next week.
	7	<b>Assessment on Nutrients.</b>				

Term	Week	Focus	Summary	Learning Outcomes	Parental Support	Independent Learning
3A	1	<b>Dietary Guidelines – Eat Less Fat</b>	To gain knowledge and understanding on the Healthy Eating Guidelines To gain knowledge and understanding of the importance of Eating less fat in our diet to prevent Heart disease and High cholesterol. Watch you-tube video on 'Eat less fat.'	To know what is Healthy Eating To know the dietary guidelines for Healthy Eating and how they are linked to preventing certain diseases.	Become familiar with ingredients for next weeks practical session.	Research a variety of low fat dishes: Choose one to prepare and make in next weeks lesson.
	2	<b>Practical session: Eat less fat</b>	Prepare and make a low fat dish to illustrate the healthy eating guideline, 'Eat Less Fat' Follow recipe accurately to avoid spoiling the dish.	Prepare and make chosen low fat dish Evaluate outcome		

			Evaluate outcome.			
3	<b>Eat Less Sugar</b>  <b>Practical planning</b>	To gain knowledge and understanding of foods high in sugar Hidden sugars in food The effects of consuming too much sugar How to Eat Less Sugar.  How to read food labels so that we understand the content of sugar in a commercial product. <b>Practical planning – Task:</b> <b>Plan, prepare and make a dish to illustrate How to Eat Less sugar.</b>	To become aware of foods which are high in sugar as well as Hidden Sugars in food. The effects on our health if too much sugar is consumed in our diet. Choose a Low sugar recipe to make in next week's lesson	Become familiar with ingredients for next weeks' practical session.	Practice reading food labels at home to find out the content of sugar in a product.	
4	<b>Eat Less Sugar</b> <b>Practical session</b>	<b>Prepare and make a dish to illustrate how we can adapt a recipe or choose recipes using less sugar in our diet.</b> <b>Evaluate outcome.</b>	Plan, prepare and make your chosen dish to show how we can still enjoy foods by using less sugar. Evaluate Outcome			
5	<b>Eat more Fibre</b>  <b>Practical Planning</b> <b>Task: Prepare and make a High fibre dish</b>	To gain knowledge and understanding of the importance of consuming a daily intake of fibre in our diet. <b>Practical Planning :</b> <b>Prepare and make a dish to illustrate how to add fibre to our daily diet.</b>	To Know how fibre helps prevent Constipation and other diseases of the intestines such as Bowel Cancer and Diverticulitis Where is Fibre found. How does Fibre work. <b>Practical Planning :</b> Choose a high fibre recipe to make in next weeks lesson.	To become familiar with ingredients for next weeks practical.		

				List of possible ingredients to use in your dish: Beans and pulses Fresh fruit Wholemeal cereals Oats Brown rice		
6	<b>Practical Session: Eat more Fibre</b>	Prepare and make a fibre rich dish by following a recipe accurately. Evaluate outcome.	Prepare and make chosen dish to illustrate how to eat more fibre. Evaluate outcome			
7	<b>Eat Less Salt</b>	To gain knowledge and understanding on how salty food has been linked to Hypertention and Heart Disease. To gain understanding on how ready made foods which we consume nearly everyday have a huge impact on our health. These includes foods such as: Salty meats eg: Bacon, corned beef, ham, sausages, crisps, cheese, salted peanuts etc.	To know the effects on our health if we consume too much salt in our diet. How to eat less salt To know the Ready Made foods which contains high levels of salt.	Encourage you child to cut down on the amount of salt in their diet by consuming Less ready made foods.	Create a poster to make people aware of the dangers of having too much salt in their diet. Include how they can reduce the amount of salt they consume and how everyday ready made foods play a major role in the dietary related disease, Hypertention.	

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<b>3B</b>	1.	<b>Introduction to Food Labels</b>	To gain knowledge and understanding of the	<b>To Know the following:</b>		Collect some food labels at home to share amongst the

			<p>importance of Food Labels. To be able to read a food label accurately and understand the information given. Design your own Food Label for a cooked Chill meal and fill in a Whats on a Label chart for it.</p>	<p>The importance of Food labels. What the labels of most prepacked food show. How the 'nutrition label' helps us understand what the food is made up off. How people with allergies and special dietary needs find food labels very useful.</p>		<p>class to read and identify 'Whats on a Label'</p>
2	<b>Ingredients labels and Additives</b>	<p>To gain knowledge and understanding of how ingredients are listed on a label The importance of an E number How many flavourings and additives are used in foods and passed as safe by the EEC ( European Economic Community)</p>	<p>To know that all ingredients are listed in order by weight with the heaviest ingredient first. To know when water is listed on a label What is an E number How many different additives and flavourings can be used in food.</p>			
3	<b>Nutrition Labels on food Packets</b>	<p>To gain knowledge and understanding of nutrition labels on food. Look at a wheatabix label and take note on what extra nutrients have been listed. Why is this information useful? Design your own Healthy Eating logo's for a packet. Choose symbols for : a) High fibre b) Low fat c) No added salt d) No added sugar.</p>	<p>To Know how many nutrition labels can be used on food packagings.  These usually tell you the amount of Fat, carbohydrate, protein and energy in 100g of food Some food makers are also adding their own 'Healthy Eating' logos to their labels.</p>		<p>Imagine that you work for a famous biscuit company. They have asked you to invent a new crunchy biscuit. Think of a name for the biscuit, then design a new label. Invent a 'special offer' or competition to help sell your new biscuit.</p>	

	4	<b>Revision for end of year written assessment</b>				
	5	<b>End of year written assessment</b>				To bring in some ingredients from home for next weeks practical assessment.
	6	<b>End of year practical assessment</b>		To prepare and make Quiche Lorraine		
	7	<b>Assessment feedback and Bring and Share.</b> Class get- together as a celebration of moving into year 10 and the last day in key stage 3.	To revisit assessment paper for results and to correct any answers which were wrong. Class Bring and Share.	To know results from assessment. To participate in a class 'Bring and share'		