

KS3 Curriculum Overview: Food Year 9

Rationale: Throughout this foundation year, you will **build on your knowledge** from KS3 and deepen your understanding of the key areas of Food. This will then allow you to either access the GCSE Food preparation and Nutrition Course or the Level 1/2 Hospitality and Catering Course at the start of year 10 depending on your area of interest (Science of Food or Hospitality and Catering industry). The year starts with us working through the main commodities with theory and practical work being studied. We will finish the year looking at food safety and cooking methods.

Term / Length of Unit	Outline	Assessment	Home Learning	Resources	Knowledge/Skills End Points	Reading
Autumn (Sept-Oct)	<p>This unit focuses on giving students an introduction to cooking and nutrition through both theory and practical experiences. Demonstrations will develop students' knowledge of a variety of practical skills and then they develop these skills to produce a variety of predominantly savoury dishes.</p> <p><u>Commodities – Fruit and Vegetables and start eggs</u></p> <p>This unit continues to develop students' knowledge through theory, demonstrations and practical lessons</p> <p>Commodities – Fruit and Vegetables and start eggs</p> <p>We focus on the importance of fruit and vegetables in the diet with particular reference to children. Students are given the opportunity to design and make a fruit/veg product suitable for a child.</p>	FAR 1 and 2 – practical assessment and written assessment (fruit and vegetables)	<p>HL1: Exam Question of Fruit/Vegetables</p> <p>HL2: Fruit and vegetable assignment</p> <p>HL3: Revision for test</p>	<p>PowerPoints and work sheets on Staff share: Food and Nutrition: food and Nutrition: Main folders: Year 9: Fruits and vegetables</p> <p>Variety of ingredients (students provide their own)</p>	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> To be able to explain the wide variety of fruit/vegetables available and their importance in the diet Understand the different preparation, cooking and presentation techniques to make fruit and vegetables appealing and nutritious. <p><u>Skills</u></p> <ul style="list-style-type: none"> Use a range of practical skills in practical assignment Develop an understanding or processing through first-hand experience and use the products in food products <p>Continue to develop independence in practical sessions</p>	<p>Use of key words</p> <p>Introduction to exam questions</p>

Autumn (Nov-Dec)	<p><u>Commodities – Eggs</u></p> <p>This unit continues to develop students' knowledge through theory, demonstrations and practical lessons</p> <p>Commodities – Eggs</p> <p>We focus on the function of eggs in cookery including the scientific principles behind it. Students will also continue to develop an understanding of where food comes from and how to use ingredients based on their functionality.</p> <p>Seasonal cooking to develop skills and techniques within relevant themes.</p>	<p>FAR 1 – Eggs</p> <p>FAR 2 – Practical – Christmas cooking dish – chocolate log</p>	<p>HL1: Exam question on eggs</p> <p>HL2: Revision for Year 9 PPE</p>	<p>PowerPoints and work sheets on Staff share: Food and Nutrition: Main folders: Year 9: Eggs</p> <p>Variety of ingredients (students provide their own)</p>	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> To understand where eggs come from (food provenance) Understand scientific principles underlying the properties of eggs in cooking Be able to carry out scientific investigations <p><u>Skills</u></p> <ul style="list-style-type: none"> Start to become competent in a range of practical skills including making a fatless sponge (swiss roll); LMP; eggs as a coating function (scotch eggs) Continue to develop independence in practical sessions 	<p>Use of key words</p> <p>Exam questions</p>
Spring (Jan-Feb)	<p>Complete PPE January 2026</p> <p><u>Commodities – Meat, Fish and protein alternatives</u></p> <p>This unit continues to develop students' knowledge through theory, demonstrations and practical lessons</p> <p>Commodities – Meat and Fish</p> <p>We focus on the types of, nutritional value of, and uses of meat and fish. Students are given the opportunity to portion a chicken and filet a fish. We also cover alternative protein foods and discuss their relevance in today's society.</p>	<p>FAR 1 - year 9 PPE</p> <p>FAR 2 – practical assessment (chicken or fish)</p> <p>FAR 3 – Exam question</p>	<p>HL1: Revision for Year 9 PPE</p> <p>HL2: Meat exam question</p>	<p>PowerPoints and work sheets on Staff share: Food and Nutrition: food and Nutrition: Main folders: Year 9: Meat and Fish</p> <p>Variety of ingredients (students provide their own)</p>	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> To be able to name the different types meat and fish Understand the importance of meat, fish and protein alternatives in the diet <p><u>Skills</u></p> <ul style="list-style-type: none"> Start to become competent in a range of practical skills including portioning a whole chicken and filleting or skinning a fish Continue to develop independence in practical sessions 	<p>Use of key words</p> <p>Exam questions – how to structure a longer question</p>

Spring (March-April)	<p><u>Commodities – Milk and Milk products</u></p> <p>This unit continues to develop students' knowledge through theory, demonstrations and practical lessons</p> <p>Commodities – Fruit and Vegetables and Milk and Milk products</p> <p>We focus on the importance of fruit and vegetables in the diet with particular reference to children. Students are given the opportunity to design and make a fruit/veg product suitable for a child. We also investigate milk and milk products looking at both primary and secondary processing. Students have the opportunity to experience a variety of secondary processing techniques first hand</p>	<p>FAR 1 and 2 – practical assessment and written assessment (fruit and vegetables)</p>	<p>HL1: Exam Question of Fruit/Vegetables</p> <p>HL2: Fruit and vegetable assignment</p> <p>HL3: Revision for test</p>	<p>PowerPoints and work sheets on Staff share: Food and Nutrition: food and Nutrition: Main folders: Year 9: Dairy and processing</p> <p>Variety of ingredients (students provide their own)</p>	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> To be able to explain the wide variety of fruit/vegetables available and their importance in the diet Understand the different processing techniques used in the production of milk and milk products <p><u>Skills</u></p> <ul style="list-style-type: none"> Use a range of practical skills in practical assignment Develop an understanding or processing through first-hand experience and use the products in food products Continue to develop independence in practical sessions 	<p>Use of key words</p> <p>Exam questions</p>
Summer (April-May)	<p><u>Commodities - Cereals</u></p> <p>This unit focuses on giving students an introduction to cooking and nutrition through both theory and practical experiences. Demonstrations will develop students' knowledge of a variety of practical skills and then they develop these skills to produce a variety of predominantly savoury dishes.</p> <p>Commodities – Cereals We focus on Bread, Pastries, Pasta and Sauce making</p>	<p>FAR 1 – Bread</p> <p>FAR 2 – Practical - Pastry</p> <p>FAR 3 - END OF MODULE TEST</p>	<p>HL1: GM foods</p> <p>HL2: Bread Exam question</p> <p>HL3: Revision for test</p>	<p>PowerPoints and work sheets on Staff share: Food and Nutrition: Main folders: Year 9: Cereals</p> <p>Variety of ingredients (students provide their own)</p>	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> To be able to name the different types of cereals and their uses Understand how cereals react to food preparation processes and cooking methods Be able to carry out scientific investigations <p><u>Skills</u></p> <ul style="list-style-type: none"> Start to become competent in a range of practical skills including making a dough (bread, pastry, pasta) ; sauce making (starch based) 	<p>Guided reading</p> <p>Use of key words</p> <p>Exam questions</p>

	Students will start to develop an understanding of where food comes from and how to use ingredients based on their functionality.				<ul style="list-style-type: none"> Start to develop independence in practical sessions 	
Summer (June-July)	<p><u>Food Safety</u></p> <p>This unit develops students' knowledge through theory, demonstrations and practical lessons</p> <p>We cover buying and storing food as well as the importance of Preparing, cooking and serving food correctly.</p> <p>We will focus on the importance of Why is food cooked? Heat Transfer – Conduction, convection, radiation. We will also look at different Methods of cooking</p> <p>Students will be given the opportunity to show their knowledge and understanding of these issues through practical application</p>	<p>FAR 1 – Exam Question</p> <p>FAR 2 – End of module test</p>	<p>HL1: Quiz</p> <p>HL2: Exam Question – Why we cook food</p> <p>HL3: Revision</p>	<p>PowerPoints and work sheets on Staff share: Food and Nutrition: food and Nutrition: Main folders: Year 9: Micro-organisms and Buying and storing and Preparing and Cooking</p> <p>Variety of ingredients (students provide their own)</p>	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> To develop knowledge and understanding of: different methods of cooking To develop knowledge and understanding of how to apply healthy eating principles when planning a menu. <p><u>Skills</u></p> <ul style="list-style-type: none"> Use a range of practical skills in practical assignment Continue to develop independence in practical sessions 	<p>Use of key words</p> <p>Exam questions</p>