



SUBJECT	Food	YEAR	9
<p>Why do we study Innovations - Food?</p> <p>The curriculum in this subject provides students with the knowledge to think creatively in order to solve problems to meet the needs of society and the wider world.</p>			
What you have learned before	What you will learn this year	Where you can read more	
<p>Macro and micro nutrients, temperature control, the science behind cooking, culinary traditions and cultures.</p>			
<p>Principles of nutrition and health.</p> <ul style="list-style-type: none"> • Healthy eating guidelines • The effects of a poor diet • Nutritional needs of different groups of people. 	<p>Principles of nutrition and health.</p> <ul style="list-style-type: none"> • Macro and micro-nutrients • 5 a day campaign • Traffic light labelling of foods. 	<p>www.nhs.uk/eatwellguide</p> <p>Exploring Food and nutrition for Key Stage 3 – Yvonne Mackey, Bev Saunder.</p> <p>OCR GCSE Food preparation and nutrition- my revision notes</p> <p>www.nhs.uk/5adaycamapaign</p>	
<p>Cooking and food preparation including health, hygiene and safety.</p> <ul style="list-style-type: none"> • Hygiene and safety procedures to follow when cooking • Application of Hygiene and safety practises when planning practical work. 	<p>Cooking and food preparation including health, hygiene and safety.</p> <ul style="list-style-type: none"> • Temperature control used within food storage, preparation and cooking. • Application of hygiene and safety practices in all practical sessions. 	<p>Food safety advice when handling foods - Food safety 2 – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</p> <p>Food safety-The good practice guide level 2</p> <p>Exploring Food and nutrition for Key Stage 3 – Yvonne Mackey, Bev Saunder</p> <p>OCR GCSE Food preparation and nutrition- my revision notes</p>	
<p>Skills, techniques and processes.</p> <ul style="list-style-type: none"> • Using different tools and equipment to make quality dishes. • Practical work that develops medium food practical skills 	<p>Skills, techniques and processes.</p> <ul style="list-style-type: none"> • Using different tools and equipment to make quality dishes • Practical work that develops medium/high practical skills • Understanding and applying the science behind food. 	<p>www.foodafactforlife.org</p> <p>Knife skills</p> <p>Methods of cooking</p> <p>Recipes</p> <p>Reading cookery books and food magazines.</p> <p>https://scientificcooking.weebly.com</p>	
<p>Food provenance and food choice.</p> <ul style="list-style-type: none"> • Making informed food choices. • Seasonality 	<p>Food provenance and food choice.</p> <ul style="list-style-type: none"> • Factors that can affect food choice. • Culinary traditions and cultures. 	<p>www.foodafactforlife.org</p> <p>culinary traditions</p> <p>www.gcsebitesizesensoryanalysis</p> <p>Exploring Food and nutrition for Key Stage 3 – Yvonne Mackey, Bev Saunder</p> <p>OCR GCSE Food preparation and nutrition- my revision notes.</p>	