

Year 9 Food Learning Outcomes

Unit 1: Food choice, British and International Cuisine

Through practical work, students will be taught skills that build on from those learned in Year 8. The work will provide an insight into cuisine from other countries, develop a deeper knowledge and understanding of nutrition and health, related to special dietary requirements and different life stages.

Food safety, sensory analysis and technical skills analysis will be used whilst evaluating the success of the dish. A deeper understanding of food science will be considered throughout the work. Practical contexts for this work will be selected from:

- Lasagne: To experience making fresh pasta, making a protein-based sauce, and a cheese sauce using the roux method. To consider how this could be served as a balanced meal and made suitable for people with special dietary requirements.
- Yeast dough investigative work: To investigate the ingredients used to make a bread dough and use these results to make two products using this process (e.g. a basic bread dough and an enriched dough).
- Using potatoes as a topping to a protein-based sauce (e.g. shepherd's or cottage pie, a vegetarian alternative, a fish pie).
- Making a protein-based sauce to accompany rice (e.g. a curry, a chilli, sweet and sour dish).
- Making alternative breads to accompany dishes from international cuisines.
- Making rough puff pastry and using it to make an individual product (eg. sausage rolls, pasties).
- Making shortcrust pastry in a food processor to make a tart (eg. a savoury or sweet flan).
- Choux pastry, to make eclairs or profiteroles.