

<b>Design Technology, Year 9 (Cooking and Nutrition)</b>	
<b>Half term 1 and 2</b>	<p>In year 9 pupils will have Cooking and Nutrition 1 lesson per fortnight. Throughout the Autumn term the pupils will create a range of predominately savoury main course dishes.</p> <p>The aim of year 9 will be to develop life skills for the pupils by creating a range of mainly main course dishes, while also developing a range of skills required if they choose to study the subject at GCSE.</p> <p>In the Autumn term the pupils will create a range of predominately savoury main course dishes. They will recap on the nutritional profile of recipes and learn how to compare food labels to make healthy choices.</p>
<b>Half term 3 and 4</b>	<p>In the Spring term we will look at Food culture and religion and how this influences food choice. We will create a range of main course dishes from another cultural influence.</p> <p>Pupils will be introduced to the function of ingredients in cake making. We will make a range of cakes to demonstrate the theory learnt in class.</p>
<b>Half term 5 and 6</b>	<p>The summer term is designed to give the pupils an introduction to the content of the new GCSE in Food Preparation and Nutrition. We will look further into the function of ingredients this time by completing a Food investigation task, which is a task for the None Examined Assessment (NEA) at GCSE.</p> <p>Pupils will continue to complete a range of practical's following the cultural theme, with life skills still in mind.</p> <p>The pupils will also look at current dietary guideline and how a range of recipes can be adapted to meet these.</p>
<b>Homework expectations</b>	<p>The pupils will be expected to provide their own ingredients for our Cooking and Nutrition practical lessons. They will be encourage to adapt the original recipes provided, and research ingredients. Guidance will be given on the recipe sheets</p> <p>They will be set homework to research their projects and will require a computer and internet for these tasks.</p>
<b>By the time you finish key stage 3 you'll be...</b>	<p>Cook a range of sweet and savoury dishes using a wide range of skills. Be able to cook a variety of main meals.</p> <p>Have a good understanding of food hygiene and how to stay safe in a kitchen.</p> <p>Know how to conduct sensory analysis.</p> <p>Pupils will have a good understanding of food provenance and how this affect the environment. They will understand what food culture is and be able to explain why it varies around the world.</p> <p>They will understand what is meant by and how to achieve a healthy diet.</p> <p>Pupils will have some knowledge of the function of ingredients in foods and how this affects a recipe.</p>