

Year 9 Food

Food choice, nutrition and health

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. 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 (eg. a basic bread dough and an enriched dough).
- Using potatoes as a topping to a protein based sauce (eg. shepherd's or cottage pie, a vegetarian alternative, a fish pie).
- Making a protein based sauce to accompany rice (eg. 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.

Students will have the opportunity to research their own recipes and so develop more independence in selection of their preference.

Advice to students for independent study

- Keep recipes up to date in your book, and adapt for different family preferences and/or dietary requirements as necessary.
- Practise skills learned in lessons at home.