

EPCHS Art and Technology Department: Year 9 Programme of Study

Food

Year/Term	Unit of Work	Intent
Autumn	Nutritional information	<p>To deliver lessons that look in more detail at nutritional information.</p> <ul style="list-style-type: none"> • What are nutrients? Macro and micro nutrients. The importance of good nutrition and balanced diet. • Proteins, fats, carbohydrates – looking at sources and functions. • Vitamins and minerals – looking at sources and functions. • Deficiency of nutrients – what would happen if we did not have enough of the nutrient? How would it affect our bodies? • Special diets – What are special diets? Why do people follow special diets? <p>To learn and develop skills in the following practical sessions:</p> <ul style="list-style-type: none"> • Make a healthy lunch time snack for teens and consider the nutritional needs following the Eatwell Guide • Magic with Mince – Cottage Pie, Chilli, Lasagne, Bolognese sauce – understanding how adapting a recipe can affect the nutritional content. • Making Christmas Cakes – Designing and making a Christmas Cake. Use of marzipan, royal icing and moulding icing.
Spring	Skills in cooking	<p>To assess a range of skills that have previously been addressed in year seven and eight. Further development of how to use the skills safely and with understanding.</p> <ul style="list-style-type: none"> • Knife skills • Presentation skills • Cake making methods – rubbing in, whisking, creaming and melting methods • Bread making – sweet and savoury bread, use of kneading, proving and knocking back Looking at yeast as a raising agent. • Pastry making – shortcrust, flaky, choux and filo

		<ul style="list-style-type: none"> • Sauce making - roux, all in one and various consistencies in sauce making <p>To learn and develop skills in the following practical sessions:</p> <ul style="list-style-type: none"> • Swiss rolls - whisking method, timing and preparation • Bakewell tart – cake making and pastry making combined. • Sweet bread – tear and share • Making flaky and choux pastry products • Use of filo pastry in cooking to make spring rolls • Sauce making – making custard and tomato based sauces. Show process of gelatinisation.
<p>Summer</p>	<p>Dietary changes through life</p>	<p>To deliver lessons that look at specific dietary changes through life, from birth to elderly. Identifying what nutritional requirements there are for people in different life stages.</p> <p>Baby and toddlers – purifying foods, looking at how we can encourage healthy eating from a young age.</p> <p>Early childhood – encouraging the use of fruit and vegetables. Making up fresh products that are suitable for the growing child. Concentrating on growth and repair and the use of staple foods.</p> <p>Adolescence – growth and energy foods. Energy input = energy output.</p> <p>Early to middle adulthood – Changes to the diet because they will not be able to burn the food off as quickly. Foods to avoid at certain life stages.</p> <p>Elderly – making adjustments to foods to account for the aging process.</p> <p>To learn and develop skills in the following practical sessions:</p> <ul style="list-style-type: none"> • Best of British – traditional hot meals that will appeal to school age children. • Trendy Tray Bakes – designing and making your own tray bake based on an existing recipes <ul style="list-style-type: none"> • Multi-cultural cuisine – cultural celebrations around the world. • Summer festival foods – designing and making Summer festival foods for different age ranges.

