

Year 9 Food Scheme of Work – ‘From Scratch’ 18 Lessons

Students to learn:

- What makes a balanced diet (macronutrients and micronutrients)
- The importance of food safety when preparing and serving food
- To build on skills learned in Year 7 and 8
- To understand the health and financial benefits of choosing to make food from scratch.
- Topic 1 – ‘Take aways’ Topic 2 ‘Afternoon Tea’

Lesson	Objective	Lesson content	Resources	Knowledge linked to specification	Practical skills
1	To understand the structure of this year’s lessons. To remind yourself of the expectations and routines in the food room.	‘TAKE AWAYS’: Introduction to food lessons and recap on food safety Macronutrients and micro nutrients in demo Demo – Pasta with tomato sauce from scratch		Macronutrients Learning about making a reduction	
2	To demonstrate your ability to follow a recipe independently and make pasta with tomato sauce from scratch	Make – Pasta with tomato sauce from scratch	Ingredients Recipes		Making a reduction Chopping Sauteing Boiling
3	To revisit learning on protein and carbohydrates.	Recap protein and carbs 1. Starter – KO quiz 2. Macronutrients – protein and carbohydrates recap information 3. Demo – Quesadillas 4. Protein and carbohydrates task 5. Review questions		Macronutrients – Protein Understanding the structure of protein, sources of carbohydrates and amino acids.	
4	To demonstrate your ability to follow a recipe independently and make burritos	Make – Quesadillas	Ingredients Recipes		Chopping Frying Shaping

5	To be able to explain what the Maillard reaction is and which food products it applies to.	Maillard reaction <ol style="list-style-type: none"> 1. Starter – KO questions 2. The Maillard reaction 3. Demo – crunchy roast potatoes 4. The Maillard reaction task 5. Review questions 		What the Maillard reaction is.	
6	To demonstrate your ability to follow a recipe independently and make crunchy roast potatoes	Make – crunchy roast potatoes	Ingredients Recipes		Peeling Chopping The Maillard reaction
7	To be able to explain 3 different cooking methods and identify where each would be appropriate.	Cooking methods <ol style="list-style-type: none"> 1. Starter – KO quiz 2. Discussion on cooking methods 3. Demo – chicken nuggets 4. Cooking methods task 5. Discussion on food safety 6. Review questions 		Cooking methods: Water based – boiling, steaming, poaching. Fat based – frying, shallow frying. Oven – convection Microwave – radiation Hob - Conduction	
8	To demonstrate your ability to follow a recipe independently and make chicken nuggets	Make – chicken nuggets	Ingredients Recipes		Chopping Frying Shaping Coating Food hygiene and safety
9	To understand the function and purpose of gluten in a range of different recipes	Gluten: <ol style="list-style-type: none"> 1. Starter – questions. 2. Discussion and information gluten 3. Demo – garlic bread 4. Review questions. 		Gluten proteins The function of kneading dough The purpose of gluten in bread and pastry	
10	To demonstrate your ability to follow a recipe independently and make garlic bread	Make – garlic bread	Ingredients Recipes		Chopping Frying Shaping Kneading

11	To be able to explain what dextrinization is and where this chemical reaction would occur.	'AFTERNOON TEA' Dextrinisation: 1. Starter – KO quiz 2. Discussion on dextrinization 3. Demo – samosas 4. Dextrinisation task 5. Review questions		The process of dextrinisation	
12	To demonstrate your ability to follow a recipe independently and make cake	Make - cake	Ingredients Recipes		Mixing Baking
13	To understand the 3 groups of raising agents and identify products made using raising agents from each group	Raising agents 1. Starter – KO quiz 2. Discussion on raising agents 3. Demo – choux pastry 4. Raising agents task Review questions		3 different raising agents; chemical; biological; mechanical. Where each of these raising agents is appropriate.	
CHRISTMAS HOLIDAY					
14	To demonstrate your ability to follow a recipe independently and make choux pastry	Make – choux pastry profiteroles or eclairs	Ingredients Recipes		Mixing Making a choux batter Piping
15	To revisit macronutrients and create a revision resource	Vitamins and minerals: 1. KO quiz 2. Discussion on macronutrients 3. Demo – cinnamon buns 4. Revision task on macronutrients 5. Review questions		Carbohydrates, proteins and fats: The function of each of the macronutrients and the effects of excess and deficiency.	
16	To demonstrate your ability to follow a recipe independently and make cinnamon buns	Make - Cinnamon buns	Ingredients Recipes		Making a dough Kneading Shaping
17	To understand what coagulation is and which products are	Coagulation and eggs: 1. Starter – KO quiz 2. Discussion on coagulation		Coagulation – functions and process. The structure of an egg	

	made using this process	<ol style="list-style-type: none"> 3. Demo – lemon curd and lemon cake 4. Coagulation task 5. Review questions 			
18	To demonstrate your ability to follow a recipe independently and make pancakes	Make - pancakes	Ingredients Recipes		Making a batter Coagulation Frying Time management
19	To understand a range of presentation techniques and how to pipe using a piping bag and nozzle.	Piping and presentation: <ol style="list-style-type: none"> 1. Starter – KO quiz 2. Discussion on piping and presentation of food 3. Demo – macaroons 4. Food presentation task 5. Review questions 		The importance of presentation when designing food.	
20	To demonstrate your ability to follow a recipe independently and make meringue macarons	Make - meringue macarons	Ingredients Recipes		Whisking Piping Time management
21	To understand the role of vitamins and minerals in our diet and know a range of sources of vitamins and minerals	Vitamins and minerals: <ol style="list-style-type: none"> 1. KO quiz 2. Discussion on vitamins and minerals 3. Demo – carrot cake 4. Vitamins and minerals cartoon task 5. Review questions 		<ul style="list-style-type: none"> • Micronutrients • Sources of vitamins and minerals • Function of vitamins and minerals. • Result of excess/deficiency. 	
22	To demonstrate your ability to follow a recipe independently and make carrot cake	Make - Carrot cake	Ingredients Recipes		Making a batter Grating Time management
23	To be able to explain at least 3 foods which have origins in Britain	British foods: <ol style="list-style-type: none"> 1. KO quiz 2. Discussion on British foods 3. Demo – scones 		Different types of cuisine	

		4. Research task 5. Review questions			
24	To demonstrate your ability to follow a recipe independently and make scones	Make - scones	Ingredients Recipes		Making a dough Kneading Shaping

EASTER HOLIDAY

Additional optional practical tasks:

'Take aways':

Garlic bread/doughballs

Pizza

Curry with homemade curry sauce

Risotto

Lasagne

'Afternoon Tea':

Eccles cake

Granola bar/flapjack

Yorkshire pudding

Jam roly poly

Honey cake

Carrot cake