

Introduce:

# Year 9 Food and Nutrition Depth Curriculum Sequence

Intent: Pupils develop a deeper understanding of a range of ingredients, their application and their nutritional benefits. Through developing practical experiences in specialist Rooms, pupils learn to select ingredients and produce a range of products.

HT1	HT2	HT3	HT4	HT5 & 6
Commodities – protein foods and their uses. Meat & Poultry	Commodities – protein foods and their uses. Fish and Eggs, Milk	Commodities – protein foods and their uses. Meat (2 <sup>nd</sup> Rotation)	Commodities – protein foods and their uses. Fish and Eggs, Milk	Commodities – protein foods – dairy products & intro to carbohydrates - cereals and breads, rice, pasta and flours.
<p><b>Why These modules?</b> Protein is a key nutrient needed for a healthy, balanced diet. We elected to teach protein as part of this year to enhance students prior knowledge from KS3 as well as give them a solid foundation surrounding protein and its various functions in the body.</p> <p>Key modules include:</p> <ul style="list-style-type: none"> <li>Protein experiments</li> <li>Meat storage and safety</li> <li>Looking at the structure of meat</li> <li>Considering the cost of meat</li> <li>Using cheaper cuts</li> <li>Portioning of meat</li> <li>Cooking with meat</li> </ul>	<p><b>Why These modules?</b> We elected to continue to teach protein as part of this year to enhance students prior knowledge from HT1, which will naturally lead into alternative proteins and dairy due to nutritional content. Carbohydrates are a key nutrient needed for a healthy, balanced diet. We elected to teach carbohydrates as part of this year to enhance students prior knowledge from KS3 as well as give them a solid foundation surrounding carbohydrates and its various functions in the body.</p> <p>Key modules include:</p> <ul style="list-style-type: none"> <li>Cooking with fish</li> <li>Eggs</li> <li>Cooking using eggs</li> <li>Functionality of ingredients.</li> <li>Filleting of fish</li> </ul>	<p><b>Why These modules?</b> Protein is a key nutrient needed for a healthy, balanced diet. We elected to teach protein as part of this year to enhance students prior knowledge from KS3 as well as give them a solid foundation surrounding protein and its various functions in the body.</p> <p>Key modules include:</p> <ul style="list-style-type: none"> <li>Protein experiments</li> <li>Meat storage and safety</li> <li>Looking at the structure of meat</li> <li>Considering the cost of meat</li> <li>Using cheaper cuts</li> <li>Portioning of meat</li> <li>Cooking with meat</li> </ul>	<p><b>Why These modules?</b> We elected to continue to teach protein as part of this year to enhance students prior knowledge from HT1, which will naturally lead into alternative proteins and dairy due to nutritional content. Carbohydrates are a key nutrient needed for a healthy, balanced diet. We elected to teach carbohydrates as part of this year to enhance students prior knowledge from KS3 as well as give them a solid foundation surrounding carbohydrates and its various functions in the body.</p> <p>Key modules include:</p> <ul style="list-style-type: none"> <li>Cooking with fish</li> <li>Eggs</li> <li>Cooking using eggs</li> <li>Functionality of ingredients.</li> <li>Filleting of fish</li> </ul>	<p><b>Why These modules?</b> We elected to continue to teach protein as part of this year to enhance students prior knowledge from HT1, which will naturally lead into alternative proteins and dairy due to nutritional content. Carbohydrates are a key nutrient needed for a healthy, balanced diet. We elected to teach carbohydrates as part of this year to enhance students prior knowledge from KS3 as well as give them a solid foundation surrounding carbohydrates and its various functions in the body.</p> <p>Key modules include:</p> <ul style="list-style-type: none"> <li>Milk and dairy foods: cheese, yogurt and cream</li> <li>Alternative protein: cereals, breads</li> <li>Cooking using alternative proteins, dairy and carbohydrates</li> <li>Functionality of ingredients.</li> </ul> <p>Carbohydrates are a key nutrient needed for a healthy, balanced diet. We elected to teach carbohydrates as part of this year to enhance students prior knowledge from the previous half term as well as give them a solid foundation surrounding carbohydrates and its various functions in the body.</p> <p>Key modules include:</p> <ul style="list-style-type: none"> <li>Rice, pasta</li> <li>Different flours, using flour, different pastries</li> <li>Functions of carbohydrates, cooking with carbohydrates.</li> </ul>
<p><b>National Curriculum Links Pupils will:</b></p> <ul style="list-style-type: none"> <li>Understand and apply protein in relation to the principles of nutrition and health.</li> <li>Cook a range of meat based dishes such as pasties and meatballs.</li> <li>Cook a range of meat based dishes.</li> <li>Become competent in a range of cooking techniques for meat.</li> <li>Understand the source, seasonality and characteristics of meat.</li> </ul>	<p><b>National Curriculum Links Pupils will:</b></p> <ul style="list-style-type: none"> <li>Understand and apply protein in relation to the principles of nutrition and health.</li> <li>Cook a wide range of dishes that incorporate a range of various macronutrients</li> <li>Become competent in a range of cooking techniques.</li> <li>Understand the source, seasonality and characteristics of proteins.</li> </ul>	<p><b>National Curriculum Links Pupils will:</b></p> <ul style="list-style-type: none"> <li>Understand and apply protein in relation to the principles of nutrition and health.</li> <li>Cook a range of meat based dishes such as pasties and meatballs.</li> <li>Cook a range of meat based dishes.</li> <li>Become competent in a range of cooking techniques for meat.</li> <li>Understand the source, seasonality and characteristics of meat.</li> </ul>	<p><b>National Curriculum Links Pupils will:</b></p> <ul style="list-style-type: none"> <li>Understand and apply protein in relation to the principles of nutrition and health.</li> <li>Cook a wide range of dishes that incorporate a range of various macronutrients</li> <li>Become competent in a range of cooking techniques.</li> <li>Understand the source, seasonality and characteristics of proteins.</li> </ul>	<p><b>National Curriculum Links Pupils will:</b></p> <ul style="list-style-type: none"> <li>Understand and apply protein, dairy and carbohydrates in relation to the principles of nutrition and health.</li> <li>Cook a wide range of dishes that incorporate a range of various macronutrients</li> <li>Become competent in a range of cooking techniques.</li> <li>Understand the source, seasonality and characteristics of proteins, carbohydrates and dairy.</li> <li>Cook a wide range of dishes that incorporate a range of carbohydrates with a specific focus on flours.</li> </ul>
<p><b>Teaching Protein supports:</b></p> <ul style="list-style-type: none"> <li>Engagement in Food and Nutrition</li> <li>Alternative proteins and dairy in HT2</li> <li>Practical sessions in HT5&amp;6</li> <li>Science – food and nutrition</li> <li>Geography – Global sources of proteins</li> <li>PE – Diet and nutrition</li> <li>Specialist diets in Y10</li> </ul>	<p><b>Teaching Protein/ Dairy/ Alternative Protein supports:</b></p> <ul style="list-style-type: none"> <li>Engagement in Food and Nutrition</li> <li>Practical sessions in HT5&amp;6</li> <li>PE – Diet and nutrition</li> <li>Science – food and nutrition</li> <li>Geography – Global sources of proteins</li> <li>Specialist diets in Y10</li> </ul>	<p><b>Teaching Protein supports:</b></p> <ul style="list-style-type: none"> <li>Engagement in Food and Nutrition</li> <li>Alternative proteins and dairy in HT2</li> <li>Practical sessions in HT5&amp;6</li> <li>Science – food and nutrition</li> <li>Geography – Global sources of proteins</li> <li>PE – Diet and nutrition</li> <li>Specialist diets in Y10</li> </ul>	<p><b>Teaching Protein/ Dairy/ Alternative Protein supports:</b></p> <ul style="list-style-type: none"> <li>Engagement in Food and Nutrition</li> <li>Practical sessions in HT5&amp;6</li> <li>PE – Diet and nutrition</li> <li>Science – food and nutrition</li> <li>Geography – Global sources of proteins</li> <li>Specialist diets in Y10</li> </ul>	<p><b>Teaching Protein/Dairy/Alternative Protein/Carbohydrates supports:</b></p> <ul style="list-style-type: none"> <li>Engagement in Food and Nutrition</li> <li>Practical sessions in HT5&amp;6</li> <li>PE – Diet and nutrition</li> <li>Science – food and nutrition</li> <li>Geography – Global sources of proteins</li> <li>Specialist diets in Y10</li> </ul>
<p><b>Teaching Protein/ Dairy/ Alternative Protein eaching Vitamins and Minerals feeds from:</b></p> <ul style="list-style-type: none"> <li>KS3 Eat Well Guide</li> <li>KS3 Basic Nutrition</li> <li>KS3 Diets around the world</li> <li>KS3 Recipe planning</li> <li>KS3 Sensory Analysis</li> <li>KS3 Macro Nutrients</li> </ul>				

**Y9 Depth Curriculum: Yr 9 students develop a detailed knowledge and understanding about the characteristics and working properties of various macro and micro- nutrients linked to key commodities i.e. HT1 meat, HT2 fish, eggs and HT5/6 carbohydrates. (This builds on related topics & knowledge introduced in the Yr 7 and Yr 8 schemes).**