

Sandbach School Design and Technology Curriculum:

Introduce:

Year 9 Food and Nutrition 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	HT6
Commodities – protein foods and their uses. Meat	Commodities – protein foods and their uses. Fish and Eggs	Commodities – protein foods and their uses. Meat (2 nd Rotation)	Commodities – protein foods and their uses. Fish and Eggs	Commodities – protein foods – dairy products & intro to carbohydrates - cereals and breads.	Commodities – Carbohydrates – rice, pasta and flours.
<p>Why These modules? 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"> Protein experiments Meat storage and safety Looking at the structure of meat Considering the cost of meat Using cheaper cuts Portioning of meat Cooking with meat 	<p>Why These modules? 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"> Cooking with fish Eggs Cooking using eggs Functionality of ingredients. Filleting of fish 	<p>Why These modules? 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"> Protein experiments Meat storage and safety Looking at the structure of meat Considering the cost of meat Using cheaper cuts Portioning of meat Cooking with meat 	<p>Why These modules? 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"> Cooking with fish Eggs Cooking using eggs Functionality of ingredients. Filleting of fish 	<p>Why These modules? 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"> Milk and dairy foods Cheese, yogurt and cream Alternative protein, Cereals, Breads Cooking using alternative proteins, dairy and carbohydrates Functionality of ingredients. 	<p>Why These modules? 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"> Rice Pasta Different flours Using flour Different pastries Functionality of flour Functions of carbohydrates Cooking with carbohydrates.
<p>National Curriculum Links Pupils will:</p> <ul style="list-style-type: none"> Understand and apply protein in relation to the principles of nutrition and health. Cook a range of meat based dishes such as pasties and meatballs. Cook a range of meat based dishes. Become competent in a range of cooking techniques for meat. Understand the source, seasonality and characteristics of meat. 	<p>National Curriculum Links Pupils will:</p> <ul style="list-style-type: none"> Understand and apply protein in relation to the principles of nutrition and health. Cook a wide range of dishes that incorporate a range of various macronutrients Become competent in a range of cooking techniques. Understand the source, seasonality and characteristics of proteins. 	<p>National Curriculum Links Pupils will:</p> <ul style="list-style-type: none"> Understand and apply protein in relation to the principles of nutrition and health. Cook a range of meat based dishes such as pasties and meatballs. Cook a range of meat based dishes. Become competent in a range of cooking techniques for meat. Understand the source, seasonality and characteristics of meat. 	<p>National Curriculum Links Pupils will:</p> <ul style="list-style-type: none"> Understand and apply protein in relation to the principles of nutrition and health. Cook a wide range of dishes that incorporate a range of various macronutrients Become competent in a range of cooking techniques. Understand the source, seasonality and characteristics of proteins. 	<p>National Curriculum Links Pupils will:</p> <ul style="list-style-type: none"> Understand and apply protein, dairy and carbohydrates in relation to the principles of nutrition and health. Cook a wide range of dishes that incorporate a range of various macronutrients Become competent in a range of cooking techniques. Understand the source, seasonality and characteristics of proteins, carbohydrates and dairy. 	<p>National Curriculum Links Pupils will:</p> <ul style="list-style-type: none"> Understand and apply carbohydrates in relation to the principles of nutrition and health. Cook a wide range of dishes that incorporate a range of carbohydrates with a specific focus on flours. Become competent in a range of cooking techniques. Understand the source, seasonality and characteristics of carbohydrates.
<p>Teaching Protein supports:</p> <ul style="list-style-type: none"> Engagement in Food and Nutrition Alternative proteins and dairy in HT2 Practical sessions in HT5&6 Science – food and nutrition Geography – Global sources of proteins PE – Diet and nutrition Specialist diets in Y10 	<p>Teaching Protein/ Dairy/ Alternative Protein supports:</p> <ul style="list-style-type: none"> Engagement in Food and Nutrition Practical sessions in HT5&6 PE – Diet and nutrition Science – food and nutrition Geography – Global sources of proteins Specialist diets in Y10 	<p>Teaching Protein supports:</p> <ul style="list-style-type: none"> Engagement in Food and Nutrition Alternative proteins and dairy in HT2 Practical sessions in HT5&6 Science – food and nutrition Geography – Global sources of proteins PE – Diet and nutrition Specialist diets in Y10 	<p>Teaching Protein/ Dairy/ Alternative Protein supports:</p> <ul style="list-style-type: none"> Engagement in Food and Nutrition Practical sessions in HT5&6 PE – Diet and nutrition Science – food and nutrition Geography – Global sources of proteins Specialist diets in Y10 	<p>Teaching Protein/ Dairy/ Alternative Protein supports:</p> <ul style="list-style-type: none"> Engagement in Food and Nutrition Practical sessions in HT5&6 PE – Diet and nutrition Science – food and nutrition Geography – Global sources of proteins Specialist diets in Y10 	<p>Teaching carbohydrates supports:</p> <ul style="list-style-type: none"> Engagement in Food and Nutrition Practical sessions in Yr 10 PE – Diet and nutrition Science – food and nutrition Geography – Global sources of carbohydrates Specialist diets in Y10
<p>Teaching Protein feeds from:</p> <ul style="list-style-type: none"> KS3 Eat Well Guide KS3 Basic Nutrition KS3 Diets around the world KS3 Recipe planning KS3 Sensory Analysis KS3 Macro Nutrients 	<p>Teaching Protein/ Dairy/ Alternative Protein feeds from:</p> <ul style="list-style-type: none"> KS3 Eat Well Guide KS3 Basic Nutrition KS3 Diets around the world KS3 Recipe planning KS3 Sensory Analysis KS3 Macro Nutrients 	<p>Teaching Protein feeds from:</p> <ul style="list-style-type: none"> KS3 Eat Well Guide KS3 Basic Nutrition KS3 Diets around the world KS3 Recipe planning KS3 Sensory Analysis KS3 Macro Nutrients 	<p>Teaching Protein/ Dairy/ Alternative Protein feeds from:</p> <ul style="list-style-type: none"> KS3 Eat Well Guide KS3 Basic Nutrition KS3 Diets around the world KS3 Recipe planning KS3 Sensory Analysis KS3 Macro Nutrients 	<p>Teaching Protein/ Dairy/ Alternative Protein feeds from:</p> <ul style="list-style-type: none"> KS3 Eat Well Guide KS3 Basic Nutrition KS3 Diets around the world KS3 Recipe planning KS3 Sensory Analysis KS3 Macro Nutrients 	<p>Teaching Vitamins and Minerals feeds from:</p> <ul style="list-style-type: none"> KS3 Eat Well Guide KS3 Basic Nutrition KS3 Diets around the world KS3 Recipe planning KS3 Sensory Analysis KS3 Macro Nutrients