## Sandbach School Design and Technology Curriculum: BREADTH

### Introduce:

# Year 9 Food and Nutrition Breadth Curriculum Sequence

<u>Intent</u>: Where Yr7 & 8 receive an introduction to commodities, Yr9 broaden their understanding by applying this knowledge to a wide range of practical situations during a broad range of cookery lessons. Focus on personal organisation, time manage ent, understanding recipes and applying relevant practical skills

<u>HT1</u>	HT2	<u>HT3</u>	<u>HT4</u>	HT5	<u>HT6</u>	
<b>S</b> afety and hygiene,	Developing more	<u>S</u> afety and hygiene,	Developing more	<b>S</b> afety and hygiene,	Developing more	
understanding recipes,	complex practical skills,	understanding recipes,	complex practical skills,	understanding recipes,	complex practical skills,	
range of basic	time management and	range of basic	time management and	range of basic preparation	time management and	
preparation & practicall	independent cookery.	preparation & practical	independent cookery.	& practical skills	independent cookery.	
skills. R1		skills	2	R <sup>2</sup>	3	
Why these modules?		11		11,		
-	aking skills for life, going on to more s	ampley speking skills, time keeping on	d applying from caratab			

Developing a wide range of basic cooking skills for life, going on to more complex cooking skills, time keeping and cooking from scratch. Key modules include:

- Health and safety Knife skills, personal safety
- Hygiene/Cross contamination working with raw meat, personal hygiene
- · Vegetable cuts and knife skills
- · Applying heat transfer baking, grilling, frying, hob control
- · Flat Bread making weighing, kneading
- Methods of cake making i.e. creaming, sieving etc
- · Presentation garnishing, decoration, service
- Shaping of pastry products flavouring, seasoning

#### **National Curriculum links**

#### Pupils will:

- · Understand and apply the principles of nutrition and health
- · Cook a repertoire of dishes so that they are able to feed themselves and others a healthy and varied diet
- · Become competent in a range of cooking techniques

#### Teaching these topics here supports:

- Engagement in Food and Nutrition
- · Cross curricular learning in Science, Maths, English
- · Subject Knowledge and practical application of skills
- · Independence and time management
- NEA development in Yr10/11
- Exam Knowledge required for GCSE

#### Teaching these topics here supports:

- KS3 Eat Well Guide
- KS3 Basic Nutrition
- KS3 Recipe planning
- KS3 Sensory Analysis