|  | **Topic** | **Key concept – what do I want the students to learn from this unit?** | **What knowledge will they acquire?** |
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| **YEAR 9 Food Preparation & Nutrition OVERVIEW** | | | |
| **9 - half term 1** | 1. Seasonal foods 2. Preservation (Seasonal food) 3. Eatwell guide | 1. Benefit of eating the seasons. 2. Understand the scientific principles of preservation – how to make a basic chutney 3. Principals of Eatwell 4. Time plans | 1. Which foods are in season 2. Make chutney / Jams using seasonal gut of fruits and vegetables 3. How to apply Eatwell & seasonality to selecting dishes for practical work 4. How to justify dish selection and time plan. 5. Make a range of dishes containing seasonal food including ratatouille, autumn salad & mini Christmas cakes |
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| **9 – half term 2** | * Eatwell guide * Finishing techniques (seasonal Food) * Shortcrust pastry & Baking blind (seasonal food) | * 8 key principles * Modifying recipes * Use of fondant and royal icing * Shortcrust pastry * Blind baking | * Key principles of Eatwell and how to modify recipes. * Use of fondant and royal icing to decorate a cake * How to make shortcrust pastry * Function of ingredients in shortcrust pastry. * How to bake blind * How to enrich shortcrust |