



Richard Lander School

Food – Year 9

During Year 9 students will look at the diet in greater detail and consider energy requirement and excess of this in the diet. They will create a range of savoury products before identifying and applying a range of cake making methods to successful products.

	Lesson objectives	Lesson overview
1	Awareness of the influence of a range of chefs on the creation of dishes and trends in cooking.	During the first lesson of the new term students are introduced to a competition that is run by St Austell Brewery. They will look at the influence that celebrity chefs have on the food industry and will consider sustainable and local ingredients. They will then have the chance to compete in the competition, being supported and mentored by a local chef, affiliated with the school.
2	Identify the importance of a healthy and varied diet as shown in the Eat Well Guide.	Students will look at the differences between the old Eat Well Plate and the new Eat Well Guide. They will identify why it is important and how the diet must be varied. Students will be introduced to Macro nutrients and their importance in the diet. They will also observe a demonstration of spaghetti Bolognese and look at how this fits into the EWG.
3	Following a recipe to produce a quality result.	During this practical lesson students will recap their knowledge of food hygiene and preparation points in order to create a successful spaghetti Bolognese dish independently.
4	The importance of different nutrients and a varied diet as shown in the Eat Well Guide and the Eight Tips for healthy eating	We will identify the importance of the 8 tips for healthy eating and how they can help to form a balanced diet in relation to different products. During the lesson we will demonstrate vegetable cous cous and identify different ingredients that must be prepared in a consistent manner in order to cook adequately.
5	Apply a broader range of preparation techniques and methods when cooking	During this practical lesson students will use their knowledge of food hygiene and preparation points in order to create a successful dish independently.
6	Understand that food provides energy in different amounts and the implications of dietary excess	Students will observe a stir fry demonstration and will then look at energy dense foods. This will allow them to acknowledge that some foods are more energy dense than others and that achieving the correct balance of those two things in the diet is important for a healthy lifestyle. Students will also look at alternative ingredients to the more commonly known ones and will identify how their use can assist us in achieving a balanced diet.
7	Apply a broader range of preparation techniques and methods when cooking	During this practical lesson students will use their knowledge of food hygiene and preparation points in order to create a successful dish independently.
8	The importance of different nutrients and a varied diet as shown in the Eat Well Guide and the Eight Tips for healthy eating.	Students will use this lesson to recap the information learnt over the past few lessons. They will discuss the importance of a healthy balanced diet and lifestyle in relation to everyday living. This information will then be translated into a piece of extended written work which will encompass their learning over the first half term. They will identify the main nutrients in a spaghetti Bolognese recipe and will consider how the ingredients fit into the Eat Well Guide, whilst discussing the functions of the various nutrients within the recipe and how they help the body. This is an assessed written task.

9	Understand that the food people chose to eat can be influenced by different factors e.g. dietary needs, cost	Discover that foods are not only chosen for their sensory qualities but also factors such as cost and dietary needs will affect the diet of different people. A pizza demonstration will be carried out, following which students will identify different target markets in relation to a pizza product and will then design their own, to suit one of those target groups. They must consider the sensory properties and quality checks that will need to be carried out in order to make a successful product.
10	Apply a broad range of preparation techniques and methods when cooking a product to suit a particular target market	During this practical lesson students will use their knowledge of food hygiene and preparation points in order to create a successful dish independently.
11	Compare the cost of food when planning to eat out or cook at home.	Students will look at Jack Monroe and her influence on cooking on a budget. They will then watch a demonstration of meatballs with a tomato sauce. Following this will compare the cost of foods when eating out and cooking at home and how this can affect people's food choices.
12	Apply a broad range of preparation techniques and methods when cooking a product	During this practical lesson students will use their knowledge of food hygiene and preparation points in order to create a successful dish independently.
13	Understand that food is processed and sold in different ways	Students will look at standard components and their use within the food industry. We will use standard components to make a pastry snack product and students will choose their own sweet or savoury fillings to put in them. They must then identify the advantages and disadvantages of using standard components both on an industrial and small scale level.
14	Apply a broad range of preparation techniques and methods when cooking a product	During this practical lesson students will use their knowledge of food hygiene and preparation points in order to create a successful dish independently.
15	Understand that food is produced, processed and sold in different ways, e.g. conventional and organic farming. Evaluate the factors that affect the cost of food.	Students will see a demonstration of a Victoria sandwich and then discuss the various factors that affect and influence the cost of food. We will consider Fair Trade, Seasonal produce and Organic foods and then discuss the ways in which money can be saved when shopping. Students will then consider their own opinions of these factors in an extended piece of writing. This is an assessed written task.
16	Apply a broad range of preparation techniques and use the creaming method to make a successful product	During this practical lesson students will use their knowledge of food hygiene and preparation points in order to create a successful Victoria sandwich cake independently.
17	Evaluate the different methods used when cake making	Students will look at a whisking method cake and observe the Swiss roll demonstration. They will then consider the different ways in which cakes are made and consider how this affects their overall sensory qualities.
18	Apply a broad range of preparation techniques and use the whisking method to make a successful product	During this practical lesson students will use their knowledge of food hygiene and preparation points in order to create a successful Swiss roll cake independently.
19	Evaluate the different methods used when cake making	Students will look at a melting method recipe and observe a demonstration of brownies. They will then consider the ingredients used in the recipe and consider why this would be a poor snack choice for someone who is looking to reduce their energy intake by analysing the ingredients within the recipe.
20	Apply a broad range of preparation techniques and use the melting method to make a successful product	During this practical lesson students will use their knowledge of food hygiene and preparation points in order to create a successful batch of brownies independently.

21	<p>Understand the importance of energy balance and the implications of dietary excess</p> <p>Evaluate the different methods used when cake making</p>	<p>Students will consider the energy balance in some foods, and will identify what energy is used for in the body. Once they have watched a demonstration of rock buns, they will undertake their final piece of extended writing in order to discuss the term energy balance and the factors that affect the amount of energy that people need. They will consider an excess of energy and the implications this could have on the diet. They should also evaluate how to reduce energy intake.</p>
22	<p>Apply a broad range of preparation techniques and use the rubbing in method to make a successful product</p>	<p>During this practical lesson students will use their knowledge of food hygiene and preparation points in order to create a successful batch of rock buns independently.</p>