

WHAT ARE THE BIG AIMS OF YEAR 9?

1. Pupils will recap on the importance of Food and Nutrition and the impact it has on the body
2. Pupils will create dishes to suit individual dietary needs.
3. Pupils will understand the function of some ingredients
4. Pupils will understand some scientific processes in relation to specific ingredients.
5. Pupils will develop an understanding of analysing food using the key terminology.

WHAT WILL EXCELLENCE LOOK LIKE IN YEAR 9?

By the end of this unit a pupil displaying excellence will be able to demonstrate a deeper understanding of the four main nutrients and their functions in relation to the body. (Carbohydrates, Fats, Protein and Vitamins & Minerals). The pupils will know what a deficiency is and be able to explain why and how specific nutrients affect the body, linking to specific dietary needs. Pupils will have an excellent understanding of what makes a healthy balanced dish and how to develop existing products to become healthier. Pupils will demonstrate a variety of different practical skills improving their confidence, they will be able to use a combination of techniques. Pupils will take part in scientific investigations in order to support their understanding of the function and chemical properties of ingredients. Pupils will be able to create a range of dishes and highlight the importance of the nutrient within that dish explaining the importance of the nutrient. Pupils will demonstrate high quality health and safety within the cooking area ensuring they are working within the health and safety guidelines. They will show great confidence and independence within each lesson, when preparing a range of dishes ensuring they can evaluate their dishes using the four key terms.

WHAT KNOWLEDGE DO THE PUPILS NEED TO ACQUIRE?

- Students will be able to identify different nutrients, macro and micro nutrients and deficiencies
- Continue to understand the Health and Safety guidelines within the kitchen through cooking a range of dishes, using utensils correctly
- Understand deficiencies and dietary needs.
- Understand the functions of some ingredients.
- Understand the scientific processes of some ingredients
- Be able to analyse dishes they have cooked.

WHAT SKILLS DO THE PUPILS NEED TO DEVELOP?

- Build on the techniques using a large range of utensils
- Create a range of dishes linking to the knowledge construct of the Scheme of Learning using a range of practical skills
- Apply the H&S regulations within the kitchen (Using the hob and oven)

WHAT MISCONCEPTIONS MAY THEY HAVE FROM PREVIOUS LEARNING?

- The understanding of the word deficiency
- Lack of some nutrients don't cause any long term health issues
- Food and science are not related

WHAT ASSESSMENTS WILL BE USED ACROSS THE YEAR TO DEMONSTRATE HOW THE PUPILS HAVE ACQUIRED THE KNOWLEDGE AND DEVELOPED THE SKILLS?

AfL Opportunities - Q&A, Observation of Pupil Performance

Knowledge Checkers and Hinge Questions – Multiple Choice Snapshots, Written and Orally conducted to gauge understanding of knowledge

Summative Assessment Lessons – To be utilised at the end of each unit of work.

Hinge Points Assessments during practical lessons/ Hinge questions throughout all lessons.