

**Year 9 DT – Food Curriculum explained**

Students have now chosen to study this course at GCSE level and so year 9 forms the foundation year of skills and knowledge. This course will build on prior knowledge and will teach in-depth information about food science, nutrition and the function of ingredients. High level skills will be taught and weekly practical lessons will enable students to develop their own skills and abilities.

**Students will be taught:**

1. What nutrition is and about the 5 main nutrients.
2. How to adapt recipes to meet the guidelines of the Eat well guide and to make them healthier.
3. Hygiene, food safety, contamination and bacteria theory and knowledge.
4. How fruit and vegetables are classified and how to conserve their nutrients.
5. How different age groups have specific dietary requirements.
6. About different types of raising agents and how they work.
7. Detailed theory of protein, carbohydrates, fats and vitamins.
8. How different cooking methods affect flavour, nutritional value and appearance of food.
9. What food provenance is and issues related to food sustainability.
10. How to carry out sensory analysis tests and record results.
11. The effect of marinades on food and how to make their own.
12. How to complete a practice piece of controlled assessment by working through a trial task and each stage of the process.
13. What the Eat well Guide is and how to use it.to evaluate their own diets and make healthy changes.
14. How to make a range of recipes that develop higher level skills.
15. Learn about safe and hygienic food preparation and use of equipment.
16. Develop skills of independent working, organisation and time management.
17. Learn the safe use of the hob and oven and understand how heat is transferred during cooking.
18. To enjoy adapting recipes to suit their own preferences and tastes.
19. How to weigh and measure ingredients accurately.
20. The relationship between food commodities and food science.
21. How to answer exam questions and the requirements of key terminology.
22. How to carry out a trial NEA 1 and NEA 2, by following guidelines independantly.

This curriculum builds on prior learning and practical skill development and enables the students to become confident and competent in meal planning to suit specific dietary needs. Students will start to understand the relationship between food and the environment and how this affects what we eat and the nutritional value of it.