



## YEAR 9 CURRICULUM PLAN FOOD PREPARATION AND NUTRITION

YEAR	TRINITY 2	MICHAELMAS 1	MICHAELMAS 2	LENT 1	LENT 2	TRINITY 1
9	<p>1 and 2. Introduction the course and the food journey (cleaning rota's). Introduce bacteria and food poisoning.</p> <p>3 and 4. Food investigation - shortcrust pastry.</p> <p>5. Fats and oils.</p> <p>6. Carbohydrates.</p> <p>7 and 8. Practical bread.</p> <p>9. Energy balance.</p> <p>10. Food choice. (link to healthy eating and PAL)</p> <p>11 and 12. Practical small pastry tarts.</p> <p>13 and 14. Cereals and food journey.</p> <p>15 and 16. Practical bread based pizza or calzone.</p> <p>17 and 18. Practical tomato and basil tart.</p>	<p>Pupils rotate between the following areas. Art, FPN, Textiles and DT over the course of Year 9.</p> <p>Groups have one double each week.</p>	<p>Pupils rotate between the following areas. Art, FPN, Textiles and DT over the course of Year 9.</p> <p>Groups have one double each week.</p>	<p>Pupils rotate between the following areas. Art, FPN, Textiles and DT over the course of Year 9.</p> <p>Groups have one double each week.</p>	<p>Pupils rotate between the following areas. Art, FPN, Textiles and DT over the course of Year 9.</p> <p>Groups have one double each week.</p>	<p>Pupils rotate between the following areas. Art, FPN, Textiles and DT over the course of Year 9.</p> <p>Groups have one double each week.</p>