

Food and Nutrition Year 9 Curriculum

Theory Rotation

Practical Rotation

Lesson	Lesson Title		Lesson Title
	Autumn Term		Autumn Term
1.	Knife Skills/Preparing vegetables	1.	Knife Skills/Preparing vegetables
2.	Eatwell recap. RDIs/GDAs/BMR/PAL	2.	Tagliatelle Bolognese
3.	Nutritional Needs and Lifestages	3.	Chilli Nachos
		4.	Louisiana Dirty Rice
		5.	Burgers
		6.	Chinese Style Stir-Fry
	Spring Term		Spring Term
4.	Evaluation using senses	7.	Pasta Arabbiatta or Marinara
5.	Global Poverty and Food Security	8.	Chicken Tikka Masala
6.	Costs and Budgeting	9.	Risotto
		10.	Toad in the Hole
		11.	Soda Bread
		12.	School Cake
	Summer Term		Summer Term
7.	Food safety and hygiene. High Risk Foods. Safe Storage	13.	Jerk Chicken
8.	Sensory Evaluation	14.	Home-made pasta
9.	Meal Planning using the Eatwell Guide	15.	Cuban Beef
		16.	Thai Green Curry
		17.	Swiss Roll
		18.	Last Cook of the Year