

Holy Family Catholic School – Faculty of Mathematics

Subject –Food Preparation and nutrition

Autumn Half-Term 1

Year 9

Learning Intention	Vocab	Concept	Retrieval	Success Criteria	Red Zone
Week 1 Understanding food waste	Food miles, seasonality, waste, spoilage, use by dates	food waste	Food miles, seasonality, waste	<ul style="list-style-type: none"> I can understand the impact of food waste on the environment. I can describe which products we waste the most in UK households. I can explain ways we can reduce food waste. 	Complete the worksheet on food waste.
Week 2 Understanding raising agents	Raising agents, chemical, mechanical, biological, aeration	raising agents	Raising agents, yeast	<ul style="list-style-type: none"> I can describe the three different types of raising agents: chemical, biological, mechanical. I can explain how raising agents work and the products they are used in. I can understand what happens if too much raising agent is used. 	Complete the worksheet regarding raising agents.
Week 3 Demonstrating practical skills	Time management, recipe, utensils, safety, tidying, fruit salad	Implementing practical skills	Recipe, utensils, safety, tidying bridge and claw	<ul style="list-style-type: none"> I can understand the role of raising agents in the recipe. I can implement the creaming method. I can safely use the oven. I can understand radiation as a heat transfer method. 	Safely demonstrate all the practical skills you have learnt at this stage, complete the dish and then efficiently clean and tidy your work area.
Week 4 Understanding ethical food choices	Provenance, organic, ethical, genetically modified	Ethical choices	Provenance, packaging, environment,	<ul style="list-style-type: none"> I can understand the term 'ethical food choice'. 	Complete the worksheet on standard and organic food.

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			organic, non-organic	<ul style="list-style-type: none"> I can explain the pros and cons of intensive/organic farming methods. I can describe foods that have been genetically modified. 	
Week 5 Demonstrating practical skills	Time management, recipe, utensils, safety, tidying	Implementing practical skills	Recipe, utensils, safety, tidying	<ul style="list-style-type: none"> I can explain Quorn as a protein alternative (ethical food choice). I can demonstrate the bridge and claw cutting techniques to prepare ingredients. 	Safely demonstrate all the practical skills you have learnt at this stage and efficiently clean and tidy your work area.
Week 6 Understanding food sustainability	Organic, free range, sustainable, food waste, food security	food sustainability	sustainable, food waste, food security	<ul style="list-style-type: none"> I can understand how sustainability is linked to food. I can explain the impact of non-sustainable foods. I can describe aspects of food security. 	Complete the worksheet on food sustainability.
Week 7 Demonstrating practical skills	Time management, recipe, utensils, safety, tidying	Implementing practical skills	Recipe, utensils, safety, tidying	<ul style="list-style-type: none"> I can demonstrate the safe use of a knife. I can demonstrate the safe use of the Oven. To follow the recipe and method for the making of yoghurt Pizza. 	Safely demonstrate all the practical skills you have learnt at this stage and efficiently clean and tidy your work area.

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Week 8 Understanding factors in food choice	Culture, religion, medical conditions, allergies	Food choice factors	Culture, religion, medical conditions, allergies	<ul style="list-style-type: none">• I can understand the ways in which food choice can be affected.• I can explain culture and religion as a factor affecting food choice.• I can describe how medical conditions and allergies can have an impact on food choice.	Complete the worksheet on factors influencing food choices.