

High Tunstall College of Science Curriculum Intent

Subject: Food & Nutrition Year: 9 Autumn term (COVID)



Topic: Food safety and hygiene, nutrients, food science investigation and a range of cookery skills (Covid)

	Food and Nutrition	Progress		
Topic	Key ideas	R	A	G
Food safety and hygiene, Nutrients and cookery skills	I can describe why food safety and hygiene is important when working in the food kitchen (i.e. routines in place, bacteria removal, cross contamination when handling raw meat)			
	I can explain the macro and micro nutrients and their functions for the body including a range of food groups			
	I can demonstrate excellent and safe cookery skills including kneading, shaping, and baking			
	I can explain the terms kneading, proving, fermentation, and dextrinization			
	I can describe and explain functions of ingredients used and include sensory qualities to help describe			

Lesson	Learning Focus	Assessment	Key Words
1 & 2 & 3	Can you explain what a macro and micro nutrient is? Can you name each nutrient and explain the functions of them in the body? Can you identify food sources of specific nutrients? Can you explain the effect on health of excess or deficiencies of the key nutrients?	ILO: 4 tasks available to complete (one per week) Pen Formative questioning Green pen	Macro and micro nutrient, function, food groups, healthy tips, healthy eating, Eatwell guide, Carbohydrate, Protein, Vitamin, Mineral, Fats, Saturated, Unsaturated, Balance
4	Can you identify issues associated with diets high in fat, salt, and sugars? Can you advise others how to make changes to follow a healthy, balanced diet?	Formative questioning	Health, Balanced diet, Fats, Saturated, Unsaturated.
5 & 6	Can you demonstrate good food hygiene and safety practice? Can you explain the function of ingredients within bread? Can you explain the functions of cookery methods used within breadmaking? Can you describe the conditions yeast needs to successfully activate? Can you follow a recipe and method with accuracy and precision to produce a quality product?	Formative questioning	Bread, Dough, Yeast, Rise, Prove, Fermentation, Carbon Dioxide, Dextrinization, Kneading, Shaping, Function
7	Why is food safety and hygiene important? Why are disinfectant and detergents used? How can we ensure good personal hygiene within the kitchen?	Formative questioning, live marking and green	Safety, hygiene, disinfect, detergent, bacteria, yeast, warmth, moisture, nutrients, time, gluten
8	Can you answer questions using the command words and marks available to guide you? Can you work under exam conditions?	Test and tasks to follow to aid improvement.	Test, assessment, feedback.