

Class of 2025 Food Preparation and Nutrition Y 9

Long Term Plan 2020-21



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
	W/C 24/08	W/C 31/08	W/C 07/09	W/C 14/09	W/C 21/09	W/C 28/09	W/C 05/10	W/C 12/10	W/C 02/11	W/C 09/11	W/C 16/11	W/C 23/11	W/C 30/11
Cycle 1	Induction		Understand and apply the principles of nutrition and health.	To demonstrate the essential skills of preparing and cooking a simple nutritional dish.	To understand energy requirements and make links with nutrition and diet.	To demonstrate nutritional analysis of a recipe.	To be able to analyse a recipe and use sensory analysis and costing effectively	To understand food choice including specialist diets.	To be able to analyse and modify a chosen recipe	To identify and explain some of the environmental issues associated with foods.	To demonstrate skills of vegetable and meat preparation, finishing skills.	To develop knowledge and understanding of international cuisine.	To demonstrate good food safety practices.
Cycle 2	W/C 07/12	W/C 14/12	W/C 04/01	W/C 11/01	W/C 18/01	W/C 25/01	W/C 01/02	W/C 08/02	W/C 22/02	W/C 01/03	W/C 08/03	W/C 15/03	W/C 22/03
	To explain the sources, types and functions of micronutrient	To be able to demonstrate a range of vegetable preparation skills.	To identify the functions and uses of the main ingredients used in cake making.	To identify the functions and uses of the main ingredients used in cake making.	To analyse the functions and uses of the main ingredients used in cake making.	To be able to research a task and analyse a variety of recipes.	To apply a variety of technical skills and presentation skills.	To apply a variety of technical skills and presentation skills under timed conditions.	To apply a variety of technical skills and presentation skills.	To be able to analyse, adapt and evaluate a recipe.	To explain the sources, types and functions of macronutrient	Be able to create a dish high in carbohydrate. Practical skills carbohydrates Remote Learning: Video on a practical to be completed at home.	To explain the sources, types and functions of macronutrient Food science Carbohydrates Remote Learning: See Task Sheet HERE
Cycle 3	W/C 12/04	W/C 19/04	W/C 26/04	W/C 03/05	W/C 10/05	W/C 17/05	W/C 24/05	W/C 07/06	W/C 14/06	W/C 21/06	W/C 28/06	W/C 05/07	W/C 12/07
	To explain the function of carbohydrate in cooking Remote Learning: See Task Sheet HERE	To explain the sources, types and functions of macronutrient Remote Learning: See Task Sheet HERE	To explain the function of Fat in cooking Remote Learning: See Task Sheet HERE	To explain the sources, types and functions of macronutrient Remote Learning: See Task Sheet HERE	Be able to create a dish high in protein. Remote Learning: See Task Sheet HERE	To explain the function of protein in cooking Remote Learning: See Task Sheet HERE	To explain the sources, types and functions of micronutrient Remote Learning: See Task Sheet HERE	Be able to create a dish high in vitamins and minerals. Remote Learning: See Task Sheet HERE	To explain micro-organisms, food spoilage and contamination Remote Learning: See Task Sheet HERE	To explain micro-organisms, food spoilage and contamination Remote Learning: See Task Sheet HERE	To demonstrate and explain the effect of raising agents on food Remote Learning: See Task Sheet HERE	Cooking methods Food Science Remote Learning: See Task Sheet HERE	Cooking methods Food Science Remote Learning: See Task Sheet HERE