## Year 9 Food Scheme of Work – 'From Scratch' 18 Lessons

## Students to learn:

- What makes a balanced diet (macronutrients and micronutrients)
- The importance of food safety when preparing and serving food
- To build on skills learned in Year 7 and 8
- To understand the health and financial benefits of choosing to make food from scratch.
- Topic 1 'Take aways' Topic 2 'Afternoon Tea'

Unit 1									
Week	1	2	3	4	5	6	7	8	9
Big Ideas (key concepts)	To understand the structure of this year's lessons. To remind yourself of the expectations and routines in the food room.	To demonstrate your ability to follow a recipe independently and make pasta with tomato sauce from scratch	To revisit learning on protein and carbohydrates.	To demonstrate your ability to follow a recipe independently and make burritos	To be able to explain what the Maillard reaction is and which food products it applies to.	To demonstrate your ability to follow a recipe independently and make crunchy roast potatoes	To be able to explain 3 different cooking methods and identify where each would be appropriate.	To demonstrate your ability to follow a recipe independently and make spring rolls	To be able to explain what dextrinization is and where this chemical reaction would occur.
Lesson Topics Sequence	'TAKE AWAYS': Introduction to food lessons and recap on food safety Macronutrients and micro nutrients in demo Demo – Pasta with tomato sauce from scratch	Make – Pasta with tomato sauce from scratch	Recap protein and carbs Starter – KO quiz Macronutrients – protein and carbohydrates recap information Demo – Burritos Protein and carbohydrates task Review questions	Make – Burritos	Maillard reaction Starter – KO questions The Maillard reaction Demo – crunchy roast potatoes The Maillard reaction task Review questions	Make – crunchy roast potatoes	Cooking methods Starter – KO quiz Discussion on cooking methods Demo – Spring rolls Cooking methods task Review questions	Make – spring rolls	Dextrinisation Starter – KO quiz Discussion on dextrinization Demo – samosas Dextrinisation task Review questions
Key Resources	PowerPoint Worksheets Ingredients Recipes Cooking equipment as required	PowerPoint Worksheets Ingredients Recipes Cooking equipment as required	PowerPoint Worksheets Ingredients Recipes Cooking equipment as required	PowerPoint Worksheets Ingredients Recipes Cooking equipment as required	PowerPoint Worksheets Ingredients Recipes Cooking equipment as required	PowerPoint Worksheets Ingredients Recipes Cooking equipment as required	PowerPoint Worksheets Ingredients Recipes Cooking equipment as required	PowerPoint Worksheets Ingredients Recipes Cooking equipment as required	PowerPoint Worksheets Ingredients Recipes Cooking equipment as required

Key learning and skills	Macronutrients Learning about making a reduction	Make – Pasta with tomato sauce from scratch	Macronutrients  - Protein  Understanding the structure of protein, sources of carbohydrates and amino acids.	Chopping Frying Shaping	What the Maillard reaction is.	Peeling Chopping The Maillard reaction	Cooking methods: Water based – boiling, steaming, poaching. Fat based – frying, shallow frying. Oven – convection Microwave – radiation Hob - Conduction	Chopping Frying Shaping	What dextrinisation is
wĸ	10	11	12	13	14	15	16	17	18
Big Ideas (key concepts)	To demonstrate your ability to follow a recipe independently and make samosas	To be able to identify a customer/client with dietary requirements and look at their likes and dislikes	To demonstrate your ability to follow a recipe independently and make choux pastry		To demonstrate your ability to follow a recipe independently and make Chelsea buns		To demonstrate your ability to follow a recipe independently and make Lemon cake with lemon curd		To demonstrate your ability to follow a recipe independently and make macaroons
Lesson Topics Sequence	Make - samosas	'AFTERNOON TEA': Raising agents Starter – KO quiz Discussion on raising agents Demo – choux pastry Raising agents task Review questions	Make – choux pastry - profiteroles or eclairs	Assessment questions on learning so far (International foods and macro/micro nutrients) Half a lesson. Demo – Chelsea buns Review questions	Make – Chelsea buns	Coagulation and structure of the egg Starter – KO quiz Discussion on coagulation Demo – lemon curd and lemon cake Coagulation task Review questions	Make – Lemon cake with lemon curd	Piping Starter – KO quiz Discussion on piping and presentation of food Demo – macaroons Food presentation task Review questions	Make – Macaroons or chocolate decoration
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Key learning and skills	Chopping Frying Mashing Shaping	3 different raising agents; chemical; biological; mechanical. Where each of these raising agents is appropriate.	Mixing Piping	Review learning on macronutrients	Making a yeast dough Proving Kneading Shaping	The structure of the egg. Coagulation process and which dishes this is relevant for.	Mixing Coagulation	The importance of presentation. Piping skills.	Mixing Piping

Additional optional practical tasks:	
'Take aways': Garlic bread/doughballs Pizza Curry with homemade curry sauce Risotto Lasagne	
'Afternoon Tea': Eccles cake Granola bar/flapjack Yorkshire pudding Jam roly poly Honey cake Carrot cake	