

## 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’

[illegible]

<b>Key learning and skills</b>	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
<b>WK</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Big Ideas (key concepts)</b>	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
<b>Lesson Topics Sequence</b>	Make - samosas	<b>'AFTERNOON TEA':</b> <b>Raising agents</b> 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	<b>Coagulation and structure of the egg</b> Starter – KO quiz Discussion on coagulation Demo – lemon curd and lemon cake Coagulation task Review questions	Make – Lemon cake with lemon curd	<b>Piping</b> Starter – KO quiz Discussion on piping and presentation of food Demo – macaroons Food presentation task Review questions	Make – Macaroons or chocolate decoration
<b>Key Resources</b>	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
<b>Key learning and skills</b>	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

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**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