

### Curriculum Plan – Year 9 March – July 2022

Week number	Lesson Content	Skills	Knowledge
Week 1	<p><i>Theory lesson - health and safety</i> in the Suthers kitchen and completion of the passport (knives, peelers, ovens and hobs and HATIEM) Apply knowledge to risk assessment – use of kettle, grill, hob. Equipment set up (HATIEM). Mise en place (to prepare).</p>		<p>HATIEM (HAIR, HANDS, APRON, TABLE, INGREDIENTS, EQUIPMENT AND METHOD)                      Definition of risks and hazards.  <b>Health and safety in the kitchen</b> – definition of risk and hazard.                      Personal hygiene.                      Bacteria and food poisoning.                      Safe food storage. Danger zone.</p>
Week 2 (Teacher led baseline practical assessment and self-assessment)	<p><i>Practical – Traditional vegetable cuts (knife skills) and caramelised onion dip</i></p> <p><i><u>(Social and cultural capital)</u></i></p> <p><b>Health and safety</b> recap for practical – knife skills, peelers. (teacher led demonstration).</p>	<p>HATIEM  <b>Bridge and claw technique – knife skills.</b>  <b>Peeling and cutting</b> carrots, cucumber and peppers and traditional French cuts (brunoise, julienne, jardinière, paysanne, pappardelle ribbons – differentiation if required)  <b>Mixing.</b>  <b>Seasoning.</b>  <b>Peeling and crushing garlic.</b>  <b>Frying.</b>  <b>Safe use of hob.</b>  <b>Hygienic working practises</b> in the kitchen                      - Use of sink, washing up and cleaning down.</p>	<p><b>Homework</b> - Eatwell guide – list foods in the different food groups.                      Definition of seasonality and identification of foods currently in season.                      Foods suitable for composting.</p>
Week 3 (Peer to peer assessment)	<p><i>Practical - Seasonal fruit crumble.</i> (Differentiation – fruit compote)</p> <p><i><u>(Social capital)</u></i></p>	<p><b>Weighing and measuring (use of digital scales)</b>  <b>Rubbing in method.</b>  <b>Baking</b> and safe use of main oven.                      Preparation of fruit – <b>peeling, slicing, coring (bridge and claw technique, knife skills)</b>  <b>Layering</b> food.  <b>Hygienic working practises</b> in the kitchen                      - Use of sink, washing up and cleaning down.</p>	<p>Link to Eatwell guide – identify where foods from the practical sit on the Eatwell guide.                      What fruits are in season.                      Sensory analysis test – 5 point scale.</p>
Week 4	<p><i>Theory lesson - Nutrition and the Eatwell guide.</i> Recipe</p>		<p>7 nutrients and examples of foods rich in these nutrients.</p>

	<p>modification linked back to previous practical lessons. 7 nutrients.</p> <p><b>Health and safety</b> – use of kettle and recap on hob. (Teacher led demonstration).</p>		<p>Basic function of carbohydrates, fats and proteins.</p> <p><b>Health and safety. Safe working practises when using a kettle and the oven hob.</b></p>
<p><b>Week 5</b> (Pupil self assessment)</p>	<p><b>Practical – Seasonal vegetable soup</b></p> <p><b>(Social capital).</b></p> <p><b>Health and safety</b> recap for practical – knife skills, peelers and safe use of hob (teacher led demonstration).</p>	<p><b>HATIEM</b></p> <p><b>Safe use of hob.</b></p> <p>Hand <b>blending.</b></p> <p><b>Peeling</b> and preparing vegetables (dicing (brunoise onions, potatoes, carrots).</p> <p><b>Peeling and crushing garlic.</b></p> <p><b>Knife skills (bridge and claw)</b></p> <p><b>Sautéing and simmering.</b></p> <p><b>Seasoning foods.</b></p> <p><b>Hygienic working practises</b> in the kitchen</p> <p>- Use of sink, washing up and cleaning down.</p>	<p>How to season foods – herbs, spices and salt and pepper)</p> <p>Link to Eatwell guide – identify where foods from the practical sit on the Eatwell guide.</p> <p>What vegetables are in season.</p> <p>Foods suitable for composting. Sensory analysis – 5 point scale.</p>
<p><b>Week 6</b> (Pupil self assessment)</p>	<p><b>Practical - Basic white bread rolls and garlic butter</b></p> <p><b>(Social capital).</b></p> <p><b>Health and safety</b> recap for practical – knife skills, peelers, safe use of ovens (teacher led demonstration).</p>	<p><b>Weighing and measuring</b></p> <p><b>Kneading</b></p> <p><b>Baking and safe use of oven.</b></p> <p><b>Proving</b></p> <p><b>Shaping</b></p> <p><b>Safe use of hob – melting butter, sautéing garlic.</b></p> <p><b>Seasoning foods.</b></p> <p><b>Hygienic working practises</b> in the kitchen</p> <p>- Use of sink, washing up and cleaning down.</p>	<p>Link to Eatwell guide – identify where foods from the practical sit on the Eatwell guide.</p> <p>Recipe modification (flavourings).</p>
<b>HALF TERM</b>			
<p><b>Week 7</b></p>	<p><b>Theory lesson– Provenance, Sustainability and food.</b></p>		<p>Provenance.</p> <p>Food miles.</p> <p>Carbon footprint.</p> <p>Vegetarians and vegans and the impact on the environment.</p>
<p><b>Week 8</b> (Pupil self assessment)</p>	<p><b>Practical - Fresh egg pasta ravioli</b> filled with diced mushrooms and garlic topped with a basil pesto</p> <p><b>(Social capital).</b></p>	<p><b>Weighing and measuring</b></p> <p><b>Kneading</b> and gluten formation (stretching dough)</p> <p><b>Safe use of kettle.</b></p> <p><b>Boiling and straining.</b></p> <p><b>Shaping</b> pasta</p> <p>Preparation of vegetables/ <b>knife skills</b></p>	<p>Seasoning foods – herbs and spices.</p> <p>Link to Eatwell guide – identify where foods from the practical sit on the Eatwell guide.</p> <p>What vegetables are in season.</p>

		<p>- Dicing an onion, peeling and dicing carrots, dicing celery, crushing garlic, dicing mushrooms.</p> <p><b>Frying / sautéing/ simmering</b></p> <p><b>Safe use of hob</b> – melting butter, simmering garlic</p> <p><b>Presentation</b> skills</p>	<p>Foods suitable for composting. Sensory analysis.</p>
<p><b>Week 9</b> (Pupil self assessment)</p>	<p><b>Practical</b> – Basic tomato sauce and wholemeal pasta.</p> <p><b><i>(Cultural and social capital).</i></b></p> <p><b>Health and safety</b> recap for practical – knife skills, peelers, safe use of hob and hot pans. Safe use of kettle. (Teacher led demonstration).</p>	<p><b>Preparation of vegetables - Dicing an onion, peeling and dicing carrots, dicing celery, crushing garlic.</b></p> <p><b>Frying / sautéing/ simmering.</b></p> <p><b>Seasoning.</b></p> <p><b>Hand blending</b></p> <p><b>Safe use of kettle and hob</b></p> <p><b>Boiling.</b></p> <p><b>Straining.</b></p>	<p>Seasoning foods – herbs and spices.</p> <p>Link to Eatwell guide – identify where foods from the practical sit on the Eatwell guide. Sensory analysis.</p>
<p><b>Week 10</b> (Pupil self assessment)</p>	<p><b>Practical</b> – Macaroni cheese (basic white sauce – roux)</p> <p><b><i>(Cultural and social capital).</i></b></p> <p><b>Health and safety</b> recap for practical – knife skills, peelers, safe use of hob and hot pans. Safe use of kettle. (Teacher led demonstration).</p>	<p><b>Making a sauce.</b></p> <p><b>Seasoning.</b></p> <p><b>Boiling.</b></p> <p><b>Safe use of kettle.</b></p> <p><b>Grating.</b></p> <p><b>Mixing.</b></p> <p><b>Straining.</b></p> <p><b>Whisking.</b></p>	<p>Seasoning foods – herbs and spices.</p> <p>Link to Eatwell guide – identify where foods from the practical sit on the Eatwell guide.</p> <p>What vegetables are in season.</p> <p>Foods suitable for composting. Sensory analysis.</p>
<p><b>Week 11 (KLC)</b></p>	<p><b>Theory</b> – KLC.</p>		<p>Cooking methods. Nutrition. Seasonality. Provenance. Health and safety. Food safety. Special diets.</p>
<p><b>Week 12</b> (Pupil self assessment)</p>	<p><b>Practical - Risotto</b></p> <p><b><i>(Cultural and social capital).</i></b></p>	<p><b>Knife skills.</b></p> <p><b>Safe use of kettle.</b></p> <p><b>Simmering.</b></p> <p><b>Stirring.</b></p> <p><b>Seasoning.</b></p> <p><b>Peeling and crushing garlic.</b></p> <p><b>Sautéing.</b></p> <p><b>Hygienic working practises</b> in the kitchen</p> <p>- Use of sink, washing up and cleaning down.</p>	<p>Link to Eatwell guide – identify where foods from the practical sit on the Eatwell guide.</p> <p>What vegetables are in season.</p> <p>Foods suitable for composting.</p> <p>Different types rice and dishes.</p> <p>Recipe modification – vegans, vegetarians, dairy free.</p>
<b>END OF TERM</b>			
<p><b>Week 13</b></p>	<p><b>Theory lesson</b></p>		<p>Food poisoning and temperature controls – 4Cs. Signs and symptoms. Food preservation.</p>

			Food safety act 1990 Role of Environmental health officer)
<b>Week 14</b> (Pupil self assessment)	<b>Practical – Savoury scones</b> <i>(Social capital).</i>	<b>Weighing and measuring.</b> <b>Rolling and cutting pastry.</b> <b>Baking and safe use of oven. Safe us of hob.</b> <b>Grating.</b>	Link to Eatwell guide – identify where foods from the practical sit on the Eatwell guide. What vegetables are in season. Foods suitable for composting. Sensory analysis.
<b>Week 15</b> (Pupil self assessment)	<b>Practical - Mini shortcrust pastry seasonal fruit pies</b> <i>(Social capital).</i>	<b>Weighing and measuring.</b> <b>Rolling and cutting</b> pastry. <b>Baking and safe use of oven. Safe us of hob.</b> Preparation of fruit – peeling, slicing, dicing. <b>Knife skills.</b> Jamming as a method of food preservation (fruit pie filling). <b>Hygienic working practises</b> in the kitchen - Use of sink, washing up and cleaning down.	Link to Eatwell guide – identify where foods from the practical sit on the Eatwell guide. What vegetables are in season. Foods suitable for composting. Different types of pastry and functions of fat and flour. Sensory analysis.
<b>Week 16</b> (Pupil self assessment)	<b>Practical – Rough puff sausage rolls</b> <i>(Social capital).</i>	<b>Weighing and measuring.</b> <b>Rolling and cutting</b> pastry. Shaping and filling. <b>Baking and safe use of oven. Safe us of hob.</b> <b>Knife skills.</b> <b>Hygienic working practises</b> in the kitchen - Use of sink, washing up and cleaning down.	Link to Eatwell guide – identify where foods from the practical sit on the Eatwell guide. What vegetables are in season. Foods suitable for composting. Different types of pastry and functions of fat and flour. Recipe modification – vegans, vegetarians, diary free. Sensory analysis.
<b>Week 17</b>	<b>Theory lesson – time planning and menu planning in preparation for 2 course meal</b>	<b>Time planning and menu planning.</b>	
<b>Week 18</b> (End of unit practical skills assessment)	<b>Practical – 2 course meal</b>		