



# Food Preparation and Nutrition



Archdiocese of Liverpool

## Curriculum intent:

Food Preparation and Nutrition at St Gregory's equips learners with the knowledge, understanding, and skills required to cook and apply the principles of nutrition and healthy eating. We encourage learners to cook, make informed choices about food in order to be able to feed themselves and others affordably and nutritiously, now and later in life. Drawing on disciplines such as Mathematics, Science, and Geography, pupils learn how to become resourceful, considerate, and capable citizens. High quality food education makes an essential contribution to the moral, cultural, health and well-being of the nation.

## Year 9

TERM 1

### Content

Knowledge review  
Carbohydrates with a focus on fibre, water & the digestive system, simple and complex carbohydrates & the changing properties.

### Concepts and Skills

Pupils will develop knowledge of the skill & apply that knowledge through the practical application.  
Coating & layering – working with high risk foods.  
Enhanced knife skills.  
Food styling / product presentation.  
Combination cooking hob & oven.  
Melting method.  
Shaping and forming a biscuit dough & a bread dough.  
Team work.

TERM 2

Changing properties of ingredients.  
Using senses to assess properties of baked goods.  
Assessing the impact of a poor diet on a persons well being.  
Special dietary needs.

Pupils will develop knowledge of the skill & apply that knowledge through the practical application.  
Creaming method.  
Rubbing in method.  
Shaping and forming a pastry dough.  
Cooking with a high risk foods.  
Seasoning to taste.  
Team work.

TERM 3

