

Year 9 Cooking & Finance

Curriculum Rational – In line with encouraging our pupils to be healthier and more aware of what goes into food pupils are given the opportunity to look at the cost of raw ingredients/commodities and develop a portion of a dish for a particular price. This also develops an understanding of finance and how to budget, a skill they will need later in life.

Overview – Pupils are introduced and work through a mini task linked to life skills, i.e., understanding healthy eating, budgeting, and understanding food labels. For most pupils this will be their last experience of cooking and nutrition at high school.

Knowledge and skills – Pupils demonstrate and build on knowledge from year 7, 8 and the initial year 9 carousel (if pupils chose this as an option), however, the knowledge taught is based on what pupils will need to live a healthy life after high school

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
<p>What? Knowledge - Healthy eating & Nutrition</p> <p>Why? / How?</p> <ul style="list-style-type: none"> • Retrieval of knowledge of the Eatwell guide, macronutrients, and micronutrients from Year 8 • Retrieval of the concept of target markets/consumers/target audience from year 9 Catering and nutrition and DT • Introduction of the concept of planning a menu for a target group/market/audience • Retrieval/introduction (to some) of the concept of costing a dish and working to a budget 	<p>What? Knowledge and skills - High risk food products</p> <p>Why? / How?</p> <ul style="list-style-type: none"> • Retrieval and demonstration of food safety and Health & Safety • Retrieval and demonstration of the basic use of equipment and commodities. • Demonstration of understanding of staple foods • Demonstration and understanding of the safe cooking and storage of a high-risk food product 	<p>What? Knowledge - Food labelling</p> <p>Why? / How?</p> <ul style="list-style-type: none"> • Retrieval of knowledge of healthy eating • Introduction of labelling law • Development of understanding of nutritional labels Demonstration of ability to choose and cost recipes 	<p>What? Knowledge and skills - Final choice of product and quick simple food.</p> <p>Why? / How?</p> <ul style="list-style-type: none"> • Final choice of food for next practical is chosen and justified. • Practical based on making a quick, simple nutritious meal that can be adapted. • Demonstration of food safety and health and safety • Demonstration of use of commodities and equipment • Practise washing up 	<p>What? Knowledge and skills - Budget dish practical</p> <p>Why? / How?</p> <ul style="list-style-type: none"> • Consolidate practical knowledge and skills • Demonstrate competency in being able to use a range of commodities, equipment, and techniques to produce a healthy meal on a budget.

Note

All pupils complete approximately 5 lessons in 5 rotations between Easter and the summer holidays