



Elements of the year 9 learning journey are taken from the NCFE Level 1 / 2 Technical Award in Food and Cookery (603/7014/2) to build a foundation of skills ready for year 10.

#### Aims and objectives.

This qualification aims to:

- focus on the study of food and cookery.
- offer breadth and depth of study, incorporating a key core of knowledge.
- provide opportunities to acquire a range of practical and technical skills.

The objectives of this qualification are to:

- provide an understanding of health and safety relating to food, nutrition, and the cooking environment.
- provide an understanding of legislation in the food industry.
- identify and understand food provenance.
- provide an understanding of the main food groups, key nutrients and what is required as part of a balanced diet.
- identify factors that can affect food choice.
- explore recipe development and how recipes can be adapted.
- understand how to cater for people with specific dietary requirements.
- demonstrate menu and action planning.
- be able to evaluate and consider how to improve completed dishes.
- demonstrate the application of practical skills and techniques through all aspects of the qualification content areas.



Move on to Year 9

YEAR 8

**Food commodities**

Knowing where ingredients (e.g., staple foods) come from, nutritional values and investigating the different stages of in food production and processing.

YEAR 8

**Food provenance**

Food origins - grown, reared, caught and how the environment can influence the availability of food (seasonal foods in detail). Food packaging focusing on traceability.

YEAR 8

**Special diets**

Specifically focusing on food intolerance and allergies, investigating recipe adaptation for these special diets. Food label laws.

**Nutritional needs through life**

The importance of nutrients in the body and their function and how people require different amounts during their life (Eatwell Guide recap). Effects of too much sugar, salt and fat in our diet.

**Food poisoning**

Hazard, risk and prevent, food storage and bacteria.

**Practicals:**

- Sushi sandwich
- Welsh rarebit
- Garlic bread
- Layered pasta salad
- Naan bread pizza
- Jacket potato
- Oat, apple and orange bites
- Rock cakes
- Savoury muffins
- Pancakes
- Bread wrap quiche
- Omelette and Parmentier potatoes
- Breakfast hash and poached egg
- Sweetcorn fritters
- Quesadilla
- Baked spicy rice.
- Spicy potatoes
- Pea and mint falafel

**Skills taught across (DT-NC - Cooking & Nutrition):**

- understand and apply the principles of nutrition and health.
- cook a repertoire of predominantly savoury dishes so that they can feed themselves and others a healthy and varied diet.
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture, and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes.
- understand the source, seasonality, and characteristics of a broad range of ingredients.

Curriculum Overview

Welcome Curriculum Overview



Move on to Year 8

YEAR  
7

### Weighing & measuring

Developing the range of food preparation skills and methods.

- Practicals:**
- Sandwich
  - Fruit salad
  - Coleslaw
  - Salsa and veg sticks.
  - Couscous
  - Eggy bread
  - Baked tortilla and dip
  - Potato wedges
  - Vegetable kebabs
  - Pizza toast
  - Chilli veg noodles.
  - Egg cookery
  - Vegetable frittata
  - Breakfast pancakes
  - Banana oat cookies
  - Cheese straws
  - Anzac Biscuits
  - Speculaas biscuits

YEAR  
7

### Sustainability of food

Seasonal foods, increasing the range of cooking methods. Adapting recipes.

### Skills taught across (DT- NC - Cooking & Nutrition):

- understand and apply the principles of nutrition and health.
- cook a repertoire of predominantly savoury dishes so that they can feed themselves and others a healthy and varied diet.
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture, and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes.
- understand the source, seasonality, and characteristics of a broad range of ingredients.

### The Eatwell Guide

Current healthy eating advice in the UK. Portion sizes and selecting a variety of ingredients in your diet each day. Food commodity: eggs and versatility of ingredients. Cooker safety.

YEAR  
7

### Balanced Diet

Importance of food for the body and energy balance to maintain a healthy weight. Preparing healthy dishes and increasing the range of food preparation skills.

YEAR  
7

### Food hygiene & safety

4C's (cooking, cleaning, chilling and cross-contamination) of food safety. Knife skills. Basic food preparation skills and use of essential equipment.

Curriculum  
Overview

Welcome  
Curriculum Overview