YEAR 9 FOOD
KING JAMES'S SCHOOL
KNARESBOROUGH

Name:
Teacher: Class:

MASTERCHEF | **BAKE OFF** | **AROUND THE WORLD** | **CHALLENGE PROJECT**

In Year 9 Food, you will complete four exciting projects that will help you develop practical skills, knowledge and confidence. You will begin with the MasterChef Project, where you will build essential cooking skills and learn to work safely and confidently in the kitchen. Next, the Bake Off Project will develop your baking techniques while exploring ingredient functions, recipe balance and different cooking methods. During the Around the World Project, you will discover foods, ingredients and cooking methods from different countries, while learning how culture and religion influence food choices. Throughout the year, you will also study food theory to support your practical work. Finally, the Challenge Project will give you the opportunity to plan and complete an independent practical project, bringing together everything you have learned and preparing you for GCSE Food in Years 10 and 11.

CONTENT

Theory
Food, kitchen, personal hygiene
Bacteria
Energy balance
Nutrition and the Eatwell guide
Digestive system
Food packaging and labelling

Practical
Rough puff pastry
Cheese straws
Sausage rolls
Curry
Shortcrust pastry
Mini quiche
Pizza Calzone

Assessment
Sausage roll development

SKILLS

Safe and hygienic food preparation
Measuring and weighing ingredients accurately
Knife skills (cutting, slicing and chopping)
Making and handling **rough puff pastry**
Making and handling **shortcrust pastry**
Rolling, shaping and sealing pastry products
Mixing, kneading and shaping dough
Using a range of cooking methods
(baking, sautéing, simmering)
Following recipes independently
Time management and organisation
Understanding energy balance and healthy lifestyles
Applying the Eatwell Guide to meal planning
Understanding the digestive system
Interpreting food packaging and nutrition labels
Making healthier food choices

Key Vocabulary

Nutrition	Rubbing-in	Reduction	Labelling
Bacteria	Kneading	Hygiene	Traffic-light system
Pathogenic	Laminating	Cross- Contamination	Check for readiness