

Bellerive FCJ Catholic College



Department: DT: FOOD

Year Group: 9

Term	Learning Focus	Key Knowledge and Skills	Assessment	Challenge and Enrichment
1	Diets for Teens & Eatwell Guide Recap	<ul style="list-style-type: none"> Healthy, balanced diet principles Eatwell Guide understanding Awareness of eating places and cultural variety 	'Diets for Teens' question sheet Discussion on healthy options	Explore cultural diversity in food choices Link eating habits to city food culture
	Eatwell Guide & Recipe Modification	<ul style="list-style-type: none"> Key messages of Eatwell Guide Analyse own diet Modify muffin recipe for health 	Plot daily diet on Eatwell Guide Answer analysis questions Adapt muffin recipe	Incorporate plant-based foods Discuss cultural influences on diet
	Muffin Practical	<ul style="list-style-type: none"> Apply Eatwell Guide knowledge Recipe adaptation Practical baking skills 	Muffin practical outcome Homework evaluation & star profile	Experiment with diverse flavourings and spices
	Nutrition & Dietary Fibre	<ul style="list-style-type: none"> Nutrient groups, functions, sources Macro/micro nutrients Fibre importance 	Nutrients quiz Dietary fibre worksheet & quiz	Discuss plant-based diets and environmental impact
	Hot Pasta Practical	<ul style="list-style-type: none"> Apply nutrient knowledge to recipe Knife skills, hob use Time management 	Practical outcome Homework evaluation & star profile	Explore varied pasta types, protein sources, herbs/spices
	Pasta & World Cuisines	<ul style="list-style-type: none"> Types of pasta & uses Global cuisines & cultural influences Research skills 	Pasta question sheet Cultures & cuisines worksheet	Discuss fusion foods and environmental factors

	Cheesecake Practical	<ul style="list-style-type: none"> • Origins of cheesecake • Layering & presentation skills • Ingredient functions 	Practical outcome Homework evaluation	Experiment with flavour variations and cultural links
	Food Provenance & Sustainability	<ul style="list-style-type: none"> • Food origins, packaging, waste • 3 R's, sustainability, food poverty • Carbon footprint 	Worksheets on provenance, packaging, waste	Debate environmental issues and food ethics
	Stir Fry Practical	<ul style="list-style-type: none"> • Nutrient balance in stir fry • Advanced Knife skills, hob use • Recipe adaptation 	Practical outcome Homework evaluation & star profile	Link to food waste and cultural diversity
	Pastry Theory	<ul style="list-style-type: none"> • Types of pastry & origins • Ingredient functions • High-level skill: shortcrust pastry 	Pastry questions & worksheet	Explore global pastry dishes and historical context
	Shortcrust Pastry Practical	<ul style="list-style-type: none"> • Apply pastry-making skills • Rubbing-in method • Organisational skills 	Practical outcome Homework evaluation	Adapt quiche fillings for variety and sustainability
	Evaluation & End of Unit Assessment	<ul style="list-style-type: none"> • Reflect on learning • Identify gaps • Revise key concepts 	End of Unit Assessment Revision questions	Revisit cultural and environmental discussions

Repeated with a different class each term.