Subject: Cooking & Nutrition



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Year 9

OVERVIEW

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In the Technology faculty we develop students into independent problem solvers, by teaching the students how to independently produce bespoke products in response to a given design brief. We base all our learning and assessment around our ethos of Design, Make, Evaluate and Knowledge. In Year 9 students will be introduced to the Hospitality and Catering industry with a focus on practical skills and learning about food safety and food poisoning. Pupils will also start to understand the different roles within the kitchen (kitchen brigade). Students will learn a range of high-level skills. Students will recap on prior preparation and cooking skills as well as working on a range of more challenging skills and learn high level knife skills.

Fake away

- 1. Health and safety, 4 C's
- 2. Food poisoning
- 3. Vegetable minestrone soup
- 4. Burrito
- 5. Chow Mein

Fake Away

- 1. Chocolate Log
- 2. Mushroom Risotto
- 3. Chickpea and spinach curry
- 4. Meatball sub
- 5. Cream Egg Brownies

Fake away

- 1. Cottage Pie
- 2. Fish and Chips
- 3. Steamed dumplings
- 4. Bread crumb chicken burger
- 5. Fake away project
- 6. Final fake away project dish

Useful resources for supporting your child at home: Ms Streams - Cooking with Kershaw practical demonstrations BBC Good Food Homework:

None set at KS3 for Cooking and Nutrition.

Assessment:

Planning – Demonstrating understanding of equipment and ingredients required, with a focus on The 4 C's and food poisoning.

Make – Quality of practical skills, with a focus on Adding Flavour to dishes.

Evaluate – how well the student has evaluated practical work and finished product. Using sensory analysis, self and peer assessment.

Knowledge – the technical knowledge gained throughout and demonstrated in Do it Now activities with focus on Environmental Health officer and food Poisoning

Assessment:

Planning – Demonstrating understanding of equipment and ingredients required, with a focus on The 4 C's and food poisoning.

Make – Quality of practical skills, with focus on Vegetarian alternatives and Dovetailing.

Evaluate – how well the student has evaluated practical work and finished product. Using sensory analysis, self and peer assessment.

Knowledge – the technical knowledge gained throughout and demonstrated in Do it Now activities with focus on Environmental Health officer and food Poisoning.

Assessment:

Planning – Demonstrating understanding of equipment and ingredients required, with a focus on the 4 C's and food poisoning.

Make – Quality of practical skills, with focus on encasing foods and complete dishes.

Evaluate – how well the student has evaluated practical work and finished product. Using sensory analysis, self and peer assessment.

Knowledge – the technical knowledge gained throughout and demonstrated in Do it Now activities with focus on Environmental Health officer and food Poisoning.