

# FOOD



## Y9 Content & Skills

This fun and informative course will further develop confidence in your cookery skills, and knowledge of nutrition and healthy eating from the foundations established in Years 7 and 8.

The emphasis during practical lessons will be on learning about nutritious, healthier options, economical recipes to share with family and friends. You will learn how to write a time-plan, and about principles of food safety.

You will learn about the different nutrients, and how to plan healthy meals for different groups of people such as children, teenagers, adults with varying energy needs, and vegetarians.

You will learn about and have the opportunity to cook with foods from different food cultures, such as pizza, curry, stir fry and lasagne - as well as your own choice of recipes from your favourite food cultures.

Being a good baker is fun and satisfying; you will learn the food science and practical skills necessary to make pastry and cakes, - including decorative techniques such as chocolate work, glaze and buttercream icing, and fondant icing. You will have the opportunity to enter a class cup-cake competition. You will also have the opportunity to practise healthier options baking as well as the naughtier recipes!

## Preparation for GCSE

This course will serve as a great foundation to the **GCSE Food Preparation & Nutrition** course because you will develop the relevant knowledge and skills regarding nutrition, food science, and cooking different foods and recipes.

There will be a focus on learning more complex cooking skills (an important aspect of the new style GCSE where there is a 3 hour practical examination).

This exciting course will also help you to develop **skills for life** (whether you intend to opt to study GCSE Food in Year 10 or not). It is so important to be able to plan healthy nutritious meals and be able to cook for yourself and others.

**For further information about this subject, please contact:**

Mrs L Eastman, Head of Food