

Barnsley Academy – Year 9 Food Technology Curriculum Overview 2024-25

FOOD & NUTRITION Year 9		
	Class Focus	Homework
Week 1	<p>What are the Health and Safety rules in a kitchen?</p> <p>Chopping boards Red and green Key food temperatures Safe storage of food Antibacterial sprays/ bleach Cross contamination The danger zone 6-63 degrees</p> <p>KPI: Knowledge</p>	
Week 2	<p>What nutrients are needed by the body to stay healthy?</p> <p>Nutrition- macro and micro nutrients Fats Carbohydrates and protein Vitamins A B C D E and K Calcium, potassium and iron</p> <p>KPI: Knowledge</p>	
Week 3	<p>Practical – Spaghetti Bolognaise Making pasta Knife Skills and Bridge and claw Sensory Analysis star profile</p> <p>KPI: Making, Evaluating</p>	Taste from home Star profile
Week 4	<p>Practical - Bread Making- other cultures – ciabatta, naan, sour dough chapattis Making butter Kneading, Proving and Shaping Bread</p> <p>KPI: Making, Evaluating</p>	Taste test from home Star profile
Week 5	<p>Are organic fruits vegetables and meat worth the extra cost? Is the cost just money or is it our health?</p> <p>Organic farming Pesticides/growth hormones Crop rotation Micro- nutrients</p> <p>KPI Knowledge</p>	
Week 6	<p>Practical – Aeration Shaping, folding Swiss Roll</p> <p>KPI: Making, Evaluating</p>	Taste test Star profile
Week 7	Sugar	

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		Free sugars How much sugar should you eat in a day Carbohydrates Simple and complex	
	Week 8	Practical Cowboy pasties Using standard components KPI: Making, Evaluating	Taste test Star profile
	Week 9	<i>What is organic farming? What are the effects of chemicals and pesticides on the environment?</i> Taste testing Food Provenance KPI: Knowledge	
	Week 10	Practical- with seasonal foods Apple crumble with English apples KPI: Making, Evaluating	
	Week 11	<i>What are the Dietary needs of different age groups?</i> <i>Toddlers, children, teenagers adults and older adults.</i> KPI: Knowledge	
	Week 12	<i>Sustainability</i> <i>Reducing our carbon footprint</i> The 3 R's reduce, reuse and recycle. KPI Knowledge	
	Week 13	Theory Assessment covering nutrition, hygiene, food provenance and cooking skills. KPI: Knowledge	