

## Year 9 Design & Technology - Cooking & Nutrition

### Learning Programme 5

<p>The LORIC skill focus for his LP is: COMMUNICATION. The Moral Virtues focus for this LP are: COURAGE and HUMILITY.</p> <p>Courage - Acting with bravery and overcoming fears. Humility - Having a modest view of oneself.</p> <p><b>What will I be learning about in this Learning Programme?</b> You will explore international and multi-cultural cuisine and the ingredients used. You will learn about the influences of mediterranean, Asian and British cuisine. You will develop knowledge of cooking and preparation techniques used to change commodities into suitable menu dishes. You will develop and understanding of the global impact of food production.</p> <p><b>Where have I seen this learning before?</b> In Year 7 and 8 you will have developed knowledge of the basic functions of the 5 main nutrients and developed a range of lower level preparation and cooking skills.</p> <p><b>What could I use it for?</b> The topics in this Learning Programme are the key building blocks for many food topics over your next 3 years and will have links into many other subjects you study such as Science and Health and Social Care. It will also equip you with knowledge and recipes to cook healthy balanced meals at home.</p>		<p><b>Literacy:</b></p> <ul style="list-style-type: none"> <li>Capital letters must be used at the start of sentences and for the first letter of proper nouns</li> <li>Full stops must be used at the end of a sentence</li> <li>Question marks must be used at the end of a question</li> <li>Apostrophes should only be used for possession or omission</li> <li>Days of the week and months must be spelled correctly</li> <li>Key words must be spelled correctly</li> </ul>
<p><b>In LPS.1, I will know:</b> 11/05/26 - (WK 1)</p> <p>how to identify through sensory testing the herbs and spices used in cuisine from around the world; what ingredients and nutrients are found in Italian cuisine and the health benefits of the mediterranean diet.</p>	<p><b>Key Vocabulary</b></p> <p>Multicultural</p>	<p><b>Homework</b></p> <p>Italian meal on the Eatwell guide.</p>
<p><b>In LPS.2, I will know:</b> 18/05/26 - (WK 2)</p> <p>how to adapt a recipe to meet different dietary needs and tastes; how to apply preparation and cooking techniques to make pizza.</p>	<p><b>Key Vocabulary</b></p> <p>Cuisine</p>	<p><b>Homework</b></p> <p>Pizza evaluation.</p>
<p><b>LP5 RLW, I will:</b> 01/06/26 - (WK 1)</p> <p>review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.</p>	<p><b>Key Vocabulary</b></p> <p>Revision strategies</p>	<p><b>Homework</b></p> <p>Revise for summative assessment.</p>
<p><b>In LPS.3, I will know:</b> 08/05/26 - (WK 2)</p> <p>what ingredients and nutrients are found in Indian cuisine and the health benefits of these in my diet.</p> <p>Extended Task.</p>	<p><b>Key Vocabulary</b></p> <p>Palate</p>	<p><b>Homework</b></p> <p>History of spices.</p>
<p><b>In LPS.4, I will know:</b> 15/06/26 - (WK 1)</p> <p>how to apply preparation and cooking techniques to make a starch based curry; what ingredients and nutrients are found in British cuisine.</p>	<p><b>Key Vocabulary</b></p> <p>Culture</p>	<p><b>Homework</b></p> <p>Menu costing.</p>
<p><b>In LPS.5, I will know:</b> 22/06/26 - (WK 2)</p> <p>how to apply preparation and cooking techniques to make rough-puff pastry; how to apply preparation and cooking techniques to make shaped sausage plait/wreath/roll.</p>	<p><b>Key Vocabulary</b></p> <p>Raising Agent</p>	<p><b>Homework</b></p> <p>Research different pastry types.</p>
<p><b>In LPS.6, I will know:</b> 29/06/26 - (WK 1)</p> <p>how global food production can affect the environment.</p> <p>Extended Task.</p>	<p><b>Key Vocabulary</b></p> <p>Seasonality</p>	<p><b>Homework</b></p> <p>Environmental issues.</p>
<p><b>In LPS.7, I will know:</b> 06/07/26 - (WK 2)</p> <p>how to apply preparation and cooking techniques to make a Swiss roll.</p>	<p><b>Key Vocabulary</b></p> <p>Food Miles</p>	<p><b>Homework</b></p> <p>Food miles of a meal.</p>
<p><b>Resources to support learning:</b> The following websites contain extensive revision material and information to increase Cooking &amp; Nutrition subject knowledge: <a href="http://www.food.gov.uk">www.food.gov.uk</a>; <a href="http://www.bbc.co.uk/bitesize">www.bbc.co.uk/bitesize</a>; <a href="http://www.foodfactoflife.org.uk">www.foodfactoflife.org.uk</a>; <a href="http://www.britishnutritionfoundation.co.uk">www.britishnutritionfoundation.co.uk</a>; <a href="http://www.bbcgoodfood.co.uk">www.bbcgoodfood.co.uk</a>.</p>		
<p><b>FFET Award Challenge for this Learning Programme:</b> Create recipe cards for three different multicultural dishes; these should include ingredients, method and an image of each dish.</p>		

