The Ellesmere Port C of E College

Part of the Frank Field Education Trust

Year 9 Design & Technology - Cooking & Nutrition
Learning Programme 2

The LORIC skill focus for his LP is: ORGANISATION

The Moral Virtues focus for this LP are: COMPASSION and HONESTY

Compassion - the quality of feeling pity and concern for the sufferings or misfortunes of others.
Honesty - the quality of being truthful.

What will I be learning about in this Learning Programme?

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.

Where have I seen this learning before?

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.

What could I use it for?

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.

Literacy:

- Capital letters must be used at the start of sentences and for the first letter of proper nouns
- Full stops must be used at the end of a sentence
- Question marks must be used at the end of a question
- Apostrophes should only be used for possession or omission
- Days of the week and months must be spelled correctly
- Key words must be spelled correctly

In LP2.1, I will know: 19/10/26 - (WK 2)	Key Vocabulary	Homework
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.	Multicultural	Italian meal on the Eatwell guide
In LP2.2, I will know: 02/11/26 - (WK 1)	**Key Vocabulary**	**Homework**
how to apply preparation and cooking techniques to make pizza; how to adapt a recipe to meet different dietary needs and tastes.	Cuisine	Pizza evaluation.
LP2 RLW, I will: 09/11/26 - (WK 2)		
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.	Revise	Use revision techniques to prepare for summative assessment.
In LP2.3, I will know: 16/11/26 - (WK 1)	**Key Vocabulary**	**Homework**
what ingredients and nutrients are found in Indian cuisine and the health benefits of these in my diet; how to calculate the cost of a recipe. Extended Task.	Palate	History of spices.
In LP2.4, I will know: 23/11/26 - (WK 2)	**Key Vocabulary**	**Homework**
how to apply preparation and cooking techniques to make a starch based curry; what ingredients and nutrients are found in British cuisine.	Culture	Menu costing.
In LP2.5, I will know: 30/11/26 - (WK 1)	**Key Vocabulary**	**Homework**
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.	Raising Agent	Research different pastry types.
In LP2.6, I will know: 07/12/26 - (WK 2)	**Key Vocabulary**	**Homework**
how global food production can affect the environment. Extended Task.	Seasonality	Environmental issues.
In LP2.7, I will know: 14/12/26 - (WK 1)	**Key Vocabulary**	**Homework**
how to apply preparation and cooking techniques to make a Swiss roll.	Food Miles	Food miles of a meal.

PRT Task 1

PRT Task 2

Resources to support learning:

The following websites contain extensive revision material and information to increase Cooking & Nutrition subject knowledge: www.food.gov.uk; www.bbc.co.uk/bitesize; www.foodafactoflife.org.uk; www.britishnutritionfoundation.co.uk; www.bbcgoodfood.co.uk.

FFET Award Challenge for this Learning Programme:

Create recipe cards for three different multicultural dishes; these should include ingredients, method and an image of each dish.