

# EPCHS Technology Department: Year 9 Programme of Study

## Food

*This is an 18-week course*

Year/Term	Unit of Work	Intent
Autumn	Nutritional information	<p><b>To deliver lessons that look in more detail at nutritional information.</b></p> <ul style="list-style-type: none"> <li>• What are nutrients? Macro and micronutrients. The importance of good nutrition and balanced diet.</li> <li>• Proteins, fats, carbohydrates – looking at sources and functions.</li> <li>• Vitamins and minerals – looking at sources and functions.</li> <li>• Deficiency of nutrients – what would happen if we did not have enough of the nutrient? How would it affect our bodies?</li> <li>• Special diets – What are special diets? Why do people follow special diets?</li> </ul>
Spring	Skills in cooking	<p>To assess a range of skills that have previously been addressed in year seven and eight. Further development of how to use the skills safely and with understanding.</p> <ul style="list-style-type: none"> <li>• Knife skills</li> <li>• Presentation skills</li> <li>• Cake making methods – rubbing in, whisking, creaming and melting methods</li> <li>• Bread making – sweet and savoury bread, use of kneading, proving and knocking back Looking at yeast as a raising agent.</li> <li>• Pastry making – shortcrust, flaky, choux and filo</li> <li>• Sauce making - roux, all in one and various consistencies in sauce making</li> </ul> <p><b>To learn and develop skills in the following practical sessions:</b></p> <ul style="list-style-type: none"> <li>• <b>Swiss rolls</b> - whisking method, timing, and preparation</li> <li>• <b>Bakewell tart</b> – cake making and pastry making combined.</li> <li>• <b>Sweet bread</b> – tear and share</li> <li>• <b>Making flaky and choux pastry products</b></li> <li>• <b>Use of filo pastry in cooking to make spring rolls</b></li> <li>• <b>Sauce making</b> – making custard and tomato-based sauces. Show process of gelatinisation.</li> </ul>