

Year 9 Food Long Term Plan 2023-24 Mains - Creating a dish

T e r m		Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
	C u r r i c u l u m C o n t e n t	Recap - how to be safe in the kitchen. Keyword recall. Why it's important to be safe in the kitchen. Baseline assessment	Pasta and sauce Pasta making, kneading, boiling, seasoning, sauce making	Rising agents Yeast and sugar experiment. Dough – proving.	Bread/Garlic bread Kneading, proving, baking	Adapting a dish	Chicken Goujons, Chips and dip Knife skills, peeling, baking, blending, seasoning	Food manufacturing
	R e t r i e v a l	Health and safety recall – hazardous kitchen, highlight the hazards.	Room expectations, how to prepare for cooking?	Evaluation of last lessons dish	What did you learn last lesson?	Evaluation of last lessons dish	Who might a dish need to be adapted for?	Evaluation of last lessons dish
T e r m		Lesson 8	Lesson 9	Lesson 10	Lesson 11	Lesson 12	Lesson 13	Lesson 14
	C u r r i c u l u m C o n t e n t	Tarts/Quiche Pastry making, seasoning, baking	Organic vs Not	Lasagne Pasta making, kneading,, seasoning, sauce making, simmering	Food Provenance recap	Shepard's Pie Knife skills, peeling, boiling, mashing, baking, seasoning	Assessment	
	R e t r i e v	Recall on food manufacturing	Evaluation of last lessons dish	Eatwell recap	Evaluation of last lessons dish	Brain dump, everything you know about food.	Evaluation of last lessons dish	

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