Curriculum Summary Document

Year 9- Food and Nutrition

Applying Nutritional Knowledge and Culinary Skills in preparation for Hospitality and Catering

Module/Unit of Learning	Taught During	What will students learn?	How does this prepare students for transition into KS4?	Links to other Subjects
Macros, Micros and Methods	Autumn one	Students develop their understanding of macronutrients and micronutrients, including the different roles they play in maintaining health. They apply this knowledge when preparing chicken Kiev and mini quiches, considering ingredient choice, preparation skills and the contribution different foods make to a balanced diet. Students also explore a range of cooking methods and practise more complex techniques by making fruit fritters, including safe and controlled frying.	This unit builds a foundation for WJEC Hospitality and Catering by introducing key nutrition knowledge and linking theory directly to practical food preparation. Students begin to apply their understanding of ingredients, cooking methods and practical techniques, helping them make informed choices about dishes and develop the confidence, accuracy and independence needed for KS4 practical work.	**Science-** Students apply their understanding of macronutrients and micronutrients by exploring their roles in the body and how they contribute to health, energy and recovery. They investigate how bacteria can cause food-related ill health. Students also explore how nutritional value changes during different cooking processes. **Maths-**Students develop accuracy and confidence when weighing and measuring ingredients, calculating quantities and following recipes. They apply their understanding of time and temperature when cooking different dishes, ensuring food is prepared safely and effectively. Students also use sequencing, portion control and accurate measurements when preparing more complex recipes, developing the precision and organisational skills required for practical work in Hospitality and Catering. **English**- Students develop their subject-specific vocabulary relating to nutrition, food safety, cooking methods, sustainability and ethical food choices. **PE-** Through the Life as an Athlete – Weightlifter unit, students explore how nutritional choices can support energy levels, exercise performance and recovery. They apply this knowledge when
	Autumn two	Students consolidate their knowledge of macronutrients, micronutrients and cooking methods through practical application and a knowledge and skills check. They continue to develop their organisation, safe working practices and confidence when preparing food, while reviewing the quality of their finished dishes and identifying areas for improvement.	Students practise recalling key knowledge supporting the independent learning and evaluation skills needed for the WJEC course. They recognise how accurate preparation, appropriate cooking methods and safe working practices contribute to successful outcomes.	
Food Choices, Sustainability and Practical Skills	Spring one	Students explore how bacteria can cause ill health and why good food hygiene, safe handling and correct cooking are essential. They apply practical fish-preparation skills when making fish and chips, then investigate food waste and	This learning introduces important foundations for WJEC Hospitality and Catering, particularly food safety, hygiene, ingredient preparation and the relationship between theory and practical work. Students begin to	

		sustainability before preparing spaghetti Bolognese. This allows them to consider ingredient use, food choices and how food traditions and dishes vary across cultures.	understand why safe food handling matters in professional kitchens and how planning and responsible use of ingredients can support effective catering practice.	preparing a breakfast burrito, chicken and rice, and a higher-protein lemon and blueberry cake. This develops their ability to connect nutritional theory to the needs of a specific individual, while recognising the importance of balanced eating and hydration in an active lifestyle. **Life-** Students consider how food choices affect health and wellbeing, developing an understanding of balanced nutrition and the importance of making informed decisions. They explore ethical issues surrounding food and consider how personal choices can affect individuals, animals and the environment. Students also develop responsibility, independence and resilience through practical cooking, learning to manage tasks safely, respond to challenges and reflect on their progress. **Geography-** Students explore the origins of ingredients and how food production, transport and consumption affect the environment. Through learning about food waste and sustainability, they consider how food can be used responsibly and how waste can be reduced.
	Spring two	Students explore ethical issues connected with food and consider how choices about ingredients can affect people, animals and the environment. They apply their practical skills by making a Swiss roll, developing accuracy, control and confidence with a more specialised baking technique. A knowledge and skills check allows students to revisit key learning and reflect on their progress.	Students broaden their understanding of the wider factors that influence food choices, while continuing to develop the practical skills and attention to detail needed for Hospitality and Catering.	
Life as an Athlete – Weightlifter	Summer one	Students investigate the nutritional needs of a weightlifter before and during exercise, considering how food and hydration support energy and performance. They apply their learning by preparing a breakfast burrito and a chicken and rice dish, developing practical skills while considering how meals can be planned for an active lifestyle.	This unit helps students apply nutrition knowledge to a specific individual and purpose, supporting the ability to select and prepare suitable dishes for different needs. Students continue to develop practical competence, safe working habits and the ability to explain why particular ingredients and meals may be appropriate—useful foundations for WJEC Hospitality and Catering.	
	Summer two	Students explore post-exercise nutrition and the role food can play in recovery. They prepare a lemon and blueberry cake as a higher-protein sweet treat, applying baking skills and considering how a dish can be adapted to suit a particular purpose. Students can review their learning through a knowledge and skills check and, if included, a tasting session that encourages them to discuss and evaluate food.	Students bring together nutrition theory and practical food preparation, building confidence in planning, producing and evaluating dishes for a specific need. The emphasis on reviewing work, discussing food and improving practical performance helps students make an informed decision about opting for WJEC Hospitality and Catering and prepares them for the combination of theoretical knowledge and practical application at KS4.	