

## Year 9

In Year 9 students continue to study Food all year giving them the opportunity to learn more skills and build deeper knowledge and understanding.

Students begin by looking at the dietary needs through life stages giving them a good understanding of what nutrients the body needs. They also learn about the top 14 allergies and how to adapt recipes for those with special dietary requirements.

During the year the students will look at the characteristics of a range of ingredients and cook with them to understand the theory behind them, such as the coagulation of eggs, where they make a dutch apple cake, and the gluten in flour, which they make pastry for.

They will be looking at more complex recipes to develop good practical skills. This is particularly useful for those that are going to continue with food at GCSE level. It also encourages independence and the ability to follow recipes which is a key life skill for all.

There are some cross- curricular links that help to deepen student understanding. Geography explores food security which links with our work on food issues. PSHE discusses body image which links to the topic of energy balance and health issues of obesity and anorexia.

Students are assessed through termly knowledge tests as well as practical dishes. The final term of food is where the students can use all the knowledge they have learnt throughout the 3 years by completing a final food festival project. They are given a brief and have to research suitable dishes before selecting their chosen product. The students analyse the brief, explore recipe ideas in class before carefully planning the making. In the assessment students are graded on their choice of product, organisation, health and safety, skills shown and final presentation. At home the students are encouraged to gather feedback from family and friends who taste the food.

The most recent Ofsted report focuses on student wellbeing and we mirror this in our healthy choice of practicals in the ongoing need to develop skills for life.