

KS4 ATTAINMENT BAND EXPECTATIONS

Year 9 *Food Preparation and Nutrition*

	RED ATTAINMENT BAND (30%) GRADE 1-3	AMBER ATTAINMENT BAND (20%) GRADE 4	GREEN ATTAINMENT BAND (30%) GRADE 5-6	PURPLE ATTAINMENT BAND (20%) GRADE 7+
<p>Introduction to KS4 Food Preparation and Nutrition</p> <p>Diet and Nutrition</p>	<p>Identify the factors effecting a teenage diet</p> <p>Identify key nutrients</p> <p>Evaluate the nutritional content of 2 different dishes</p> <p>Expected Dishes: Sweet and Sour Chicken Goujons and spicy wedges Soy Chicken Stir Fry Spaghetti Bolognaise Chilli Con Carne</p> <p>To be able to prepare basic vegetables using the bridge and claw</p>	<p>To identify and explain what effects a teenage diet</p> <p>To independently prepare a range of ingredients with precision when preparing g for a recipe</p> <p>Identify and explain the function of key nutrients</p> <p>Evaluate the nutritional content of 2 different dishes in relation to a teenage diet</p> <p>To independently prepare basic vegetables for a recipe, using the bridge and claw</p>	<p>To identify, explain and evaluate what effects a teenage diet. Identify boy/ girl differences</p> <p>Identify and explain the function of key nutrients and the effect of excess and deficiency</p> <p>Evaluate in detail the nutritional content of 2 different dishes in relation to a teenage diet and evaluate</p> <p>To independently prepare a range of ingredients for a recipe showing accurate bridge and claw</p> <p>Produce medium- high demand products</p>	<p>To identify, explain and evaluate what effects a teenage diet and compare the diet to other life stages</p> <p>Identify and explain the function of key nutrients and the effect of excess and deficiency in exam question scenario's</p> <p>Evaluate in detail the nutritional content of 2 different dishes in relation to a teenage diet and evaluate and suggest improvements to the nutritional content</p> <p>Independent cooking skills with the ability to adapt the recipe and evaluate through out to improve outcome</p> <p>Produce high demand products</p>
Nutritional properties of Food	<p>Expected dishes: Cottage Pie Fish cakes Family meal Vegetarian meal</p>	<p>Explain in detail the eat well guide and 8 guidelines for a healthy diet</p> <p>Identify the function of all key</p>	<p>Explain excess and deficiency of specific nutrients</p> <p>Explain and give examples of key nutrients in exam question</p>	<ul style="list-style-type: none"> • Answer exam questions on: healthy eating guidelines • and compare and evaluate meal options

	<p>Low fat dessert High fibre dessert/ snack Cooking with alternative proteins</p> <p>Be able to explain the eat well guide and identify each food group</p> <p>Identify some key nutrients and their function Identify diet related health issues</p>	<p>nutrients and their function</p> <p>State and explain some diet related health issues</p>	<p>context</p> <p>Explain different life stage nutritional needs</p> <p>Evaluate diets and link to related health issues</p>	<ul style="list-style-type: none"> Diet related health issues Key nutrients
<p>Functional properties of Food</p>	<p>Expected Dishes: Quiche Sauce Making Short bread Jam Tarts Burgers Sponge</p> <p>Identify some key processes linked to the functional processes Demonstrate to a low/ medium demand</p>	<p>Identify the process associated with the following terms Coagulation Shortening Binding Gelatinisation Aerate Fermentation</p> <p>Demonstrate to a low/ medium demand</p>	<p>Understand, explain, and give examples of the key terms</p> <p>Demonstrate to a medium/ high standard</p>	<p>Be able to use the key terms to successfully answer exam style questions Be able to demonstrate high demand products using the food science processes</p>
<p>Styling and presentation</p>	<p>Be able to identify a range of styling techniques</p> <p>State why presentation is important</p> <p>Identify why colour, texture, and form are important when food styling</p> <p>Techniques to demonstrate: Chocolate decoration</p>	<p>Produce a simple garnish</p> <p>Give example and explain the effectiveness of a range of techniques</p> <p>Decorate and finish to a medium demand</p>	<p>Be independent in styling and present with high levels of precision</p> <p>Demonstrate a range of techniques using different equipment</p>	<p>Be able to garnish and present with creative flair</p> <p>Produce high demand techniques using chocolate and caramel</p>

	<p>Caramel Decorations Herb/ salad/ fruit/ garnish Sauce to accompany</p>			
Pastry Making	<p>To demonstrate precision when handling shortcrust pastry</p> <p>To be able to demonstrate independently the rubbing in method when making a shortcrust pastry. To successfully line a pastry dish</p> <p>Identify key terms linked to pastry making</p> <p>Expected Dishes: Shortcrust pastry savoury and sweet Choux Pastry Sausage Roll Flaky Filo</p>	<p>To demonstrate precision when handling shortcrust pastry and overcome barriers to produce a quality shortcrust pastry</p> <p>Identify the function of ingredients in pastry making</p>	<p>Produce medium demand bread products</p> <p>Produce a finishing technique</p> <p>Explain the function of ingredients in pastry making and explain faults that occur</p>	<p>Produce high demand pastry products with a creative finishing technique</p> <p>Identify faults and be able to adapt and re-making a pastry to a high standard</p> <p>Be able to answer exam style questions on shortening and the rubbing in method</p>
Mock Exam and Revision	<p>Food Preparation and Nutrition 1 Hour Mock Paper</p> <p>Summary and revision of nutritional contents and exam specific content. Pitched at target level</p>	<p>Food Preparation and Nutrition 1 Hour Mock Paper</p> <p>Summary and revision of nutritional contents and exam specific content. Pitched at target level</p>	<p>Food Preparation and Nutrition 1 Hour Mock Paper</p> <p>Summary and revision of nutritional contents and exam specific content. Pitched at target level</p>	<p>Food Preparation and Nutrition 1 Hour Mock Paper</p> <p>Summary and revision of nutritional contents and exam specific content. Pitched at target level</p>

Bread Making	<p>To be able to identify the key ingredients in bread making</p> <p>Demonstrate the bread making process</p> <p>Expected Dishes: Chelsea Buns Shaped picnic breads Plait bread Savoury bread Pinwheels Product low demand bread products</p>	<p>To explain the function of ingredients used in bread making</p> <p>Adapt and modify a basic bread recipe</p> <p>Produce low-medium demand bread products</p>	<p>To use bread making key words in context with clear understanding</p> <p>Produce medium demand bread products</p>	<p>To be able to explain key bread making terms in an exam style context with reference to examples</p> <p>Produce high demand bread products</p>
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Year 9 Food Preparation and Nutrition – Long Term Plan 2018-19

	Week 1 3 Sept.	Week 2 10 Sept.	Week 3 17 Sept.	Week 4 24 Sept.	Week 5 1 Oct.	Week 6 8 Oct.	Week 7 15 Oct.	Week 8 22 Oct.
Term 1	<p>Introduction to KS4 Food Preparation and Nutrition</p> <p>Diet and Nutrition</p>	<p>Introduction to KS4 Food Preparation and Nutrition</p> <p>Diet and Nutrition</p>	<p>Introduction to KS4 Food Preparation and Nutrition</p> <p>Diet and Nutrition</p>	<p>Introduction to KS4 Food Preparation and Nutrition</p> <p>Diet and Nutrition</p>	<p>Introduction to KS4 Food Preparation and Nutrition</p> <p>Diet and Nutrition</p>	<p>Introduction to KS4 Food Preparation and Nutrition</p> <p>Diet and Nutrition</p>	<p>Introduction to KS4 Food Preparation and Nutrition</p> <p>Diet and Nutrition Assessment</p>	<p>Introduction to KS4 Food Preparation and Nutrition</p> <p>Diet and Nutrition</p>
	Week 1 5 Nov.	Week 2 12 Nov.	Week 3 19 Nov.	Week 4 26 Nov.	Week 5 3 Dec.	Week 6 10 Dec.	Week 7 17 Dec.	

Term 2	Nutritional properties of Food	Nutritional properties of Food	Nutritional properties of Food	Nutritional properties of Food	Nutritional properties of Food	<i>PRAG Progress week</i> Nutritional properties of Food Assessment	Nutritional properties of Food
	Week 1 7 Jan.	Week 2 14 Jan.	Week 3 21 Jan.	Week 4 28 Jan.	Week 5 4 Feb.	Week 6 11 Feb.	
Term 3	Nutritional properties of Food	Functional properties of Food	Functional properties of Food	Functional properties of Food	Functional properties of Food	Functional properties of Food	
	Week 1 25 Feb.	Week 2 4 Mar.	Week 3 11 Mar.	Week 4 18 Mar.	Week 5 25 Mar.	Week 6 1 April	
Term 4	Functional properties of Food	Functional properties of Food	Functional properties of Food	Functional properties of Food	<i>PRAG Progress week</i> Functional properties of Food Assessment	Functional properties of Food	
	Week 1 22 April	Week 2 29 April	Week 3 6 May	Week 4 13 May	Week 5 20 May		
Term 5	Styling and presentation	Styling and presentation	Styling and presentation	Styling and presentation	Bread Making		
	Week 1 3 June	Week 2 10 June	Week 3 17 June	Week 4 24 June	Week 5 1 July	Week 6 8 July	Week 7 15 July
Term 6	Bread Making	Bread Making	Bread Making Assessment	Pastry Making	Pastry Making	Pastry Making Assessment	Pastry Making