

Subject: Food Technology Fake-away project

Year group: 9

Week beginning	Subject Topic	Key Learning points/big questions	Independent/Home learning	Key Vocab	Linked Assessment	Resources
<p>1 13/9</p>	<p>How making popular takeaway dishes is a healthy alternative.</p>	<p>Balanced diet and healthy eating based on the government healthy eating guidelines and the 'eatwell guide' How to read a nutritional table on packaging by understanding how carbohydrates, fats and salt are indicated. Carbohydrate are sectioned in starches and sugars Fats are sectioned into saturated and unsaturated fats Salts are shown as sodium</p>	<p>Use KO to download recipe sheets for upcoming practical lessons. Make parents aware of ingredients lists and practical dates.</p>	<p>Balanced diet – A balance of nutrients needed for healthy growth and repair of our bodies. healthy eating – Choosing foods that are part of a balanced diet Carbohydrate – Macronutrient such as bread, potatoes that give us energy Fats – Macronutrient found in butter, oils and animal products that give us energy Salt – Micronutrient needed for water balance in our bodies</p>	<p>Subject Assessment Cover Sheet – Fake-away project</p>	<p>Technology - Home (sharepoint.com)</p>
<p>2 20/9</p>	<p>Analysing the nutrition of takeaway foods</p>	<p>Comparing the sugars, fats and salt content of takeaway foods and homemade version. Learning to read a nutritional table portion size given. Learning the correct terms for cuts of vegetables - Julienne We use an arch shape with our hands when we cut vegetables that will roll We use a claw hand shape to cut julienne and brunoise when the vegetable has a flat surface. Watch how to make quesadillas next lesson</p>	<p>Organise ingredients and container for quesadillas</p>	<p>Julienne – Thin stick cut for vegetables Brunoise- Very fine dice cut for vegetables</p>		<p>Technology - Home (sharepoint.com)</p>

3 27/9	Cook Quesadillas	Using the hob (conduction heat) Cut vegetables to thin strips (julienne) Use an arch and claw grip to cut safely. Use hygiene rules to prepare and cook food safely and clean down.		conduction heat- contact heat transfer such as a saucepan on a hob. hygiene rules – prevent cross contamination of pathogenic bacteria	Technology - Home (sharepoint.com)
4 27/9	How to make Chicken Curry	Food hygiene for raw chicken – store at 1-5°C cook till core temperature is 85°C Safe food storage - High risk foods (foods that cause food poisoning) need to be stored in a fridge to prevent bacteria growing to dangerous levels and causing food borne illness . How to store food in a fridge – ready to eat foods at the top. Meat poultry and fish on the bottom. Fruit and veg in draws below. Milk in the door. How to cut fine brunoises - Cut fine julienne and then to fine brunoise to cook evenly.	Organise ingredients and container for chicken curry	Food hygiene - prevent growth of pathogenic bacteria food poisoning – An illness caused by pathogenic bacteria food borne illness – food poisoning	Technology - Home (sharepoint.com)
5 4/10	Cook Chicken Curry	Using the hob (conduction heat) Cut vegetables to fine brunoise (fine dice) Prepare and cook chicken safely			Technology - Home (sharepoint.com)
6 11/10	How to make Sweet and Sour Chicken	By mixing cornflour with water and heating, it gelatinises and thickens liquids. (gelatinisation) Cooking chicken safely by visual checks to see that it is white all the way though or to measure the core temperature is 85°C	Organise ingredients and container for sweet and sour chicken	Gelatinisation – thickening liquids with starch and heat	Technology - Home (sharepoint.com)

7 18/10	Cook Sweet and Sour Chicken	Use fine brunoise cut for all vegetables Handel chicken safely checking the core temperatures is 75g Thicken sauce using cornflour to gelatinise . Store high risk foods in the fridge	.	core temperatures – the temperature at the centre of a food high risk foods – Foods that contain/ grow pathogenic bacteria		Technology - Home (sharepoint.com)
8 1/11	Learn how to make kofta and understand how meat coagulates	Analyse the nutrition of a takeaway kofta to see if it has the recommended daily allowance of salt (6g), fat (70g) and sugar (90g) Proteins coagulate when heated. This is why meat contracts and shrinks during cooking. Watch how Kofta is made and how it coagulates during cooking.	Organise ingredients and container for kofta	Analyse- look closely for details.	LSTs End of unit assessment and booklet	
9 8/11	Cook Kofta	Shape and cook kofta using oven (convection cooking) or grill (radiation cooking) Meat will coagulate when cooked.		Shape- manipulate a food into a new form convection cooking – Cooking in an oven		Technology - Home (sharepoint.com)
10 15/11	Learn how to make Jerk Chicken	Convection cooking using the oven to heat the air and cook food. Marinating tenderises meat making it soft and giving flavour. (denaturisation) The acidity in the yogurt breaks down the protein in the meat	Organise ingredients and container for jerk chicken	Marinating tenderises- softening meat using acids from another food such as yogurt Denaturisation – Proteins change shape during cooking and marinating		Technology - Home (sharepoint.com)
11 22/11	Cook jerk chicken	Tenderise chicken meat with the acidity of the marinade Use health and safety / food hygiene to prepare chicken safely		health and safety- Protecting everyone's healthy and keeping everyone safe at work.		Technology - Home (sharepoint.com)

12 29/11	Complete subject assessment sheet as revision and final summative Assessment	Applying healthy eating guidelines to nutritional tables Cutting techniques Safe food storage Food science – Gelatinisation/ Coagulation/ Denaturation Method of cooking	Revise using KO Revise using subject assessment sheet			
13 6/12	Christmas Gingerbread	Shaping and decorating gingerbread . Cooking in an oven. Working as a team to clean down.		Gingerbread – melting method for biscuits		Technology - Home (sharepoint.com)
14 13/12	DIRT time complete subject assessment sheet	Assessment based on the key knowledge outlined in the subject assessment sheet <ol style="list-style-type: none"> 1. Healthy eating guidelines 2. Reading a nutritional table 3. Food safety- temperature and storage 4. Food science gelatinisation marinade coagulation Types of cooking				Technology - Home (sharepoint.com)