



Subject	Year	Specialism
Design and Technology	Year 9	Food

Project

Y9 Food and Nutrition – Bake off unit

Content (Intent)

Prior Learning – Year 7 and 8 food units

In this unit, you will learn about the working characteristics of the main ingredients used in baking cakes and pastry, with a special focus on flour. You will be using your design skills to plan a show stopper rich pastry product and to alter ingredients to create a signature bake

Future Learning – GCSE Food preparation and nutrition

How will knowledge and skills be taught (Implementation)	How will your understanding be assessed & recorded (Impact)
<p>How to</p> <ul style="list-style-type: none"> • cut foods safely using bridge and claw grip • Accurately weigh and measure • Use safely oven • Combine and mix ingredients • Divide and shape • Assemble and layer – laminating pastry • Divide products to make suitable portion size • Make a dough • Finishing a dough • Preparation of ingredients and equipment • Use of small electrical equipment – electric whisk <p>• These skills will be taught through making the following products</p> <ul style="list-style-type: none"> • Rock cakes – rubbing in method • Victoria sandwich cake – creaming method • Swiss roll – whisking method • Open Tart – flaky pastry <p>Key focus</p> <p>Use of raising agents: colloid foam, chemical raising agents</p> <p>Using steam in a mixture</p> <p>Adapting recipes to meet dietary guidelines</p> <p>Functionality of proteins, carbohydrates and fats</p> <p>Modifying recipes to encourage healthier eating</p> <p>Health and safety</p> <p>Food waste, sustainability, and food provenance</p>	<p>Assessment</p> <p>Each project is individually assessed through teacher assessment and the final end of year progress and effort grades are based on all work completed in Y9 D&T.</p> <p>Key project work will be used to build up a clear picture of student effort and progress. All homework will be given a progress and effort grade.</p> <p>Main areas of assessment:</p> <p>Practical work and skill development</p> <p>Quality of finish on final product</p> <p>Booklet</p>

How can parents help at home?

Students will complete their work and homework in a project booklet. It would be great if you could talk this through with your child to help them and ensure tasks are complete. In addition, it would be good if you could look at the vast resources on our Food and Nutrition VLE pages and also to provide them with ingredients for practical work (all dates are published at the beginning of each rotation to help with planning)

Helpful further reading/discussion (including Reading and Vocabulary Lists)

<p>Reading</p> <p>https://balcarras.fireflycloud.net/dandt-food-and-nutrition/year-9-food</p> <p>https://www.foodafactoflife.org.uk/</p>	<p>Vocabulary</p> <p>Colloid foam, raising agents, rubbing in, creaming, whisking, protein structure, dietary guidelines, folding, lamination</p>	<p>Careers Links</p> <p>Find out about all aspects of food careers -</p> <p>https://tastycareers.org.uk</p> <p>https://www.foodafactoflife.org.uk/whole-school/careers-in-food/</p>
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