

## Subject overview Cooking Year 9

### Curriculum year 9

Autumn Term 1

Autumn Term 2

Spring Term 3

Spring Term 4

Summer Term 5

Summer Term 6

Preparing for Adulthood  
Community and Leisure

Preparing for Adulthood  
Citizenship and Global Perspectives

Preparing for Adulthood  
Careers and Progression

Food in the Community  
Researching dishes from local restaurants  
Local food standard ratings  
Research recipes  
Plan and make the dishes

Leisure and Healthy Diets  
Researching healthy diet for a child, a sports person or an elderly person.  
Research recipes  
Plan and make the dishes

Food Citizenship  
Understanding what Food Citizenship is.  
Research planet friendly meals ie seasonal food and not imported  
Plan and make seasonal meals.

Global Tastes  
Choose a country to research their diets  
Find recipes  
Plan and make the dishes

Preparation of Work Food  
Designing healthy lunches  
Research different lunches from different cultures  
Find recipes  
Plan and make dishes

Progression of Skills  
Teacher produced recipes for students who should **independently:**  
Follow recipes  
Weigh and Measure  
Mix  
Shape  
Heat