



The Sutton Academy

Knowledge Rich Curriculum Plan

Year 9 Food Technology



Lesson / Learning Sequence	Intended Knowledge	Tiered Vocabulary	Prior Knowledge	Assessment	Scripting for the most difficult concepts
Lesson 0 – Introduction to the Food Rooms	Understand the rules, expectations, and routines in the food room. Learn about the Food Department staff and courses. Know how to behave safely in practical and theory lessons. Understand the importance of allergies and dietary requirements.	Rules : Guidelines that must be followed. Expectations : What is required or anticipated of students. Sanctions : Penalties for breaking rules. Contract : An agreement to follow rules. Allergies : An immune reaction to certain foods. Dietary Requirements : Special needs or restrictions in a person's diet.	Students have prior knowledge of food room rules and expectations from Year 8. This lesson reinforces and refreshes their understanding.	Teacher checks student contract signed. Class discussion about rules. Students update or confirm allergies/dietary needs form.	"Welcome back! Today we're going over the rules and expectations for the food room. We'll talk about safe behaviour before, during and after lessons, like lining up, tying hair back, washing hands, and washing up correctly. We'll also discuss bringing containers, labelling food, and why these routines help keep everyone safe and organised."
Lesson 1 (Part 1)– Fruit	Classify fruit into groups. Identify key nutrients (Vitamin C, fibre). Explore preservation methods.	Pavlova : Meringue dessert with fruit. Coulis : Thin fruit puree. Preserves : Method to extend shelf life.	Year 8 macronutrients. 5-a-day campaign knowledge.	Written responses: classification tasks, nutrients, preservation uses.	"Today we're looking at fruit as a commodity. We'll classify fruit into groups like soft fruits, citrus, tropical/exotic. We'll also talk about nutrients in fruit, especially vitamin C and fibre, and why eating different fruits helps us reach our 5-a-day goal. We'll finish by discussing how fruit can be preserved through canning, drying, or freezing."
Lesson 1 (Part 2)– Potatoes and Vegetables	Understand nutrients in vegetables and potatoes. Classify types and uses.	Tuber : Underground plant part. Floury Potato : Breaks apart when cooked. Waxy Potato : Holds shape when cooked.	Year 8 knife skills, Eatwell Guide food groups.	Written tasks: classification and matching activities.	"Today we'll learn how wheat is turned into flour. We'll look at the milling process and what extraction rate means – the percentage of the grain kept in the flour. We'll discuss why white flour is fortified with nutrients that are lost during milling. We'll also think about the uses of different flours for bread, cakes, and pastry."
Lesson 2 – Sweet and Sour Chicken (Practical)	Prepare ingredients using knife skills. Cook using hob safely. Use sweet and sour flavour profile.	Simmer : Cooking just below boiling. Marinade : Soaking in a seasoned liquid.	Year 8 practical cooking experience. Knife safety routines.	Teacher visual assessment of practical skills.	
Lesson 3 – Banoffee Pie (Practical)	Measure ingredients accurately. Whip cream using hand whisk. Layer ingredients carefully for good presentation.	Whisk : Beating ingredients to add air. Layering : Arranging in layers for presentation. Portion : Dividing equally.	Year 8 measuring skills. Presentation from previous practical dishes.	Teacher visual assessment of practical skills.	
Lesson 4 – Cereals – Turning Wheat into Flour	Explain wheat processing stages. Understand types of flour, extraction rates, fortification.	Cereals : Cultivated grains. Fortified : Nutrients added. Primary Processing : Changing raw to edible. Milling : Grinding grain. Extraction Rate : % of grain in flour.	Knowledge of bread/pasta from Year 8. Understanding of nutrients.	Written tasks: multiple choice, fill-in-the-gaps, matching, short answer.	
Lesson 5 – Bacon and Cheese	Weigh and measure ingredients accurately. Use rubbing-in method for pastry. Shape and bake evenly.	Rubbing-in : Mixing fat into flour. Pastry : Dough used in baking.	Year 8 rubbing-in method, measuring skills.	Teacher visual assessment of practical skills.	

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Turnovers (Practical)					
Lesson 6 – Seasonal Cookies (Practical)	Measure ingredients accurately. Shape dough evenly. Decorate using seasonal themes.	Decoration : Making food attractive. Portion : Dividing equally.	Year 8 baking methods. Measuring and weighing practice.	Teacher visual assessment of practical skills.	
Lesson 7 – Assessment (Tracking 1)	Accurately complete exam-style questions. Demonstrate knowledge of fruit classification, nutrients, preservation. Explain potato types and uses. Describe flour processing and fortification.	Classification : Sorting into groups. Nutrients : Substances in food that help the body work. Fortification : Adding nutrients to food. Extraction Rate : % of grain retained in flour.	Lessons on fruit, potatoes/vegetables, cereals/flour. Knowledge of nutrients and food preparation from previous lessons.	Written assessment paper with short-answer and extended-answer questions. Peer/teacher marking.	<p>Read each question carefully. Look for command words like name, explain, or describe.</p> <p>Remember:</p> <p>For name questions – keep answers short and clear.</p> <p>For explain – say why or how something happens.</p> <p>For describe – give detail about what you see or know.</p> <p>Do your best. This is about showing what you remember and understand so I can help you get even better.”</p>
Lesson 8 – Food Commodities – Meat & Poultry	Investigate storage and cooking methods suitable for meat and poultry. Classify cuts and cooking methods for beef, pork, lamb and poultry. Understand food safety for handling and storing raw meat. Explain nutrients in meat and poultry.	Lean Meat : Lower fat content. Contaminate : Transferring unwanted bacteria. Food-Poisoning Bacteria : Micro-organisms causing illness. Filletted : Sliced thinly. High Biological Value Protein : Complete proteins for growth and repair.	Year 9 HT1 – classification of food groups, nutrients, cooking methods.	Written tasks: classification, matching, short-answer questions. Application questions on cuts and cooking.	<p>“Today we’re learning about meat and poultry as food commodities. We’ll talk about different cuts of meat and how they’re best cooked. We’ll look at food safety rules for storing and preparing meat to avoid contamination. We’ll also discuss nutrients, especially high biological value protein for growth and repair.”</p>
Lesson 9 – Practical – Mini Toad in the Hole	Measure and weigh ingredients accurately. Use oven safely. Combine batter with sausages in dish. Portion and bake evenly.	Portion : Dividing equally. Bake : Cooking in oven.	Year 8 measuring and weighing. Oven safety routines.	Teacher visual assessment of practical skills.	
Lesson 10 – Practical – Lasagne	Prepare ingredients with knife skills. Layer meat sauce, pasta and béchamel. Use oven safely. Focus on even layering and presentation.	Layering : Arranging in levels. Simmer : Cooking just below boiling.	Year 8 knife skills. Bridge and claw holds.	Teacher visual assessment of practical skills.	
Lesson 11 – Practical – Chicken Curry	Prepare chicken safely to avoid cross-contamination. Cook meat thoroughly on hob. Measure and combine spices. Simmer for flavour.	Simmer : Gentle boiling. Cross-contamination : Spread of bacteria from raw to cooked.	Food safety knowledge. Knife skills from Year 8.	Teacher visual assessment of practical skills.	

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Lesson 12 – Practical – Chicken Risotto (Rotation 1 Only)	Prepare chicken safely. Cook rice using absorption method. Combine flavours gradually. Use hob safely.	Absorption : Liquid soaking into food during cooking. Simmer : Gentle boiling.	Year 8 hob safety and knife skills.	Teacher visual assessment of practical skills.	
Lesson 13 – Assessment (Tracking 2)	Complete exam paper accurately. Demonstrate knowledge of meat and poultry cuts, nutrients, storage and cooking methods. Use command words to structure answers. Respond to Secure, Stretch and Sustain challenges to improve understanding.	Contaminate : Transferring unwanted bacteria. High Biological Value Protein : Complete proteins. Fortification : Adding nutrients to food.	Content from Lessons 8–12: Meat & poultry classification, cooking methods, nutrients, food safety rules.	Written exam with multiple-choice, short-answer and extended-answer questions. Secure, Stretch, Sustain feedback tasks.	“Today you’re doing an assessment on what we’ve learned about meat and poultry. Read each question carefully. Look for command words like name, describe, or explain. Show what you know about cuts, nutrients, storage and cooking methods. This is your chance to prove your learning and identify what you might need to work on next.”