**Year 9 Autumn 1 Food Preparation & Nutrition**

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| **Food Preparation and Nutrition**  |
| **KPI 1 - Food Hygiene and Safety:** |
| Students will learn this knowledge through theory and practical cookery  |
| I can **list** three ways to reduce the risk of cross-contamination |
|
| I can **identify** three ways to prevent the risk of burns in a kitchen |
|
| **I can explain** how,why and when you need to wash your hands when cooking |
|
| **KPI 2 - Nutrition and Healthy Eating:** |
| Students will learn this knowledge through theory and practical cookery |
| I can s**tate** the 5 sections and the purpose of the Eatwell Guide |
|
| I can **describe** what is meant by ‘Macronutrients’ and ‘Micronutrients’ |
|
| I can **evaluate** your dietary intake when compared with the Eatwell Guide |
|
| **KPI 3 - Practical Cookery:** |
|
| Students will learn this knowledge through theory and practical cookery |
|   |
| I can **demonstrate** gelatinisation through making a Roux sauce |
|   |
| I can **operate** electrical and hand-held equipment safely and efficiently |
|   |
| I can **select** appropriate equipment and techniques for the production of high quality dishes |
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**Year 9 Autumn 2 Food Preparation & Nutrition**

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| **Food Preparation and Nutrition**  |
| **KPI 1 - Food Hygiene and Safety:** |
| Students will learn this knowledge through theory and practical cookery  |
| I can **list** three ways to reduce the risk of cross-contamination |
|
| I can **identify** three ways to prevent the risk of burns in a kitchen |
|
| **I can explain** how,why and when you need to wash your hands when cooking |
|
| **KPI 2 - Nutrition and Healthy Eating:** |
|
| Students will learn this knowledge through theory and practical cookery |
| I can s**tate** the 5 sections and the purpose of the Eatwell Guide |
|
| I can **describe** what is meant by ‘Macronutrients’ and ‘Micronutrients’ |
|
| I can **evaluate** your dietary intake when compared with the Eatwell Guide |
|
| **KPI 3 - Practical Cookery:** |
|
| Students will learn this knowledge through theory and practical cookery |
|   |
| I can **demonstrate** gelatinisation through making a Roux sauce |
|   |
| I can **operate** electrical and hand-held equipment safely and efficiently |
|   |
| I can **select** appropriate equipment and techniques for the production of high quality dishes |
|   |