



Year 9 Food & Nutrition

Advanced Food Preparation, Food Science & Independent Cooking

Learning about this topic is important because:

- ☐ You will bring together everything you have learned throughout Key Stage 3 to work with greater confidence, precision and independence. You will make informed decisions throughout the cooking process, using your knowledge of food science, nutrition and practical skills to produce high-quality food products.
- ☐ Throughout the unit, you will design, adapt and refine recipes for different consumers whilst considering factors such as nutrition, sustainability, ethical sourcing, recipe costing, profitability, branding, packaging and commercial food production. You will learn how food products are developed and evaluated to meet the needs of today's consumers.
- ☐ Practical lessons will challenge you to think like a food technologist by planning, creating and evaluating your own products. You will justify your decisions using scientific knowledge, technical vocabulary and consumer feedback, preparing you to become a confident, independent and reflective cook.

This builds on:

- The practical skills, food science and healthy eating knowledge developed throughout Years 7 and 8.
- Applying functional properties of ingredients to improve practical outcomes.
- Adapting recipes to improve nutrition, flavour and presentation.
- Independent practical working, technical evaluation and problem solving.
- Understanding provenance, sustainability, food manufacturing and consumer choice.

- Designing and producing high-quality food products independently.
- Applying food science confidently to justify and improve practical outcomes.
- Adapting recipes for different dietary requirements, lifestyles and target consumers.
- Understanding commercial food production, enterprise and product development.
- Further study in Food Preparation & Nutrition and careers within hospitality, nutrition, food science, food manufacturing, environmental health and product development.

We will learn

- How to apply advanced practical skills with increasing confidence, precision and independence.
- How food science can be used to explain, refine and improve practical outcomes.
- How to adapt recipes to meet different dietary requirements, lifestyles and target consumers.
- How nutrition can be applied to create balanced, healthy and appealing dishes.
- How food legislation, food safety and quality assurance help protect consumers.
- How food products are developed, manufactured, packaged and marketed for commercial success.
- How provenance, Fairtrade, sustainability and ethical sourcing influence modern food production.
- How recipe costing, menu planning and profitability contribute to successful food businesses.
- How sensory analysis and evaluation can be used to improve food products.
- How to justify practical decisions using technical knowledge, scientific understanding and consumer needs.

We will develop/practise skills including:

- Applying advanced practical techniques with confidence, precision and independence.
- Selecting the most appropriate cooking methods and ingredients to achieve successful outcomes.
- Designing, adapting and refining recipes for different consumers and dietary requirements.
- Applying food science to solve problems and justify practical decisions.
- Managing time, organisation and workflow effectively during practical activities.
- Calculating recipe costings and considering value for money, profitability and sustainability.
- Presenting food to a professional standard using appropriate finishing and garnishing techniques.
- Evaluating practical outcomes using technical vocabulary, sensory analysis and scientific understanding.
- Reflecting critically on practical work and identifying realistic improvements.

Some of the vocabulary that we will use includes:

HACCP • Quality Assurance • Quality Control • Food Legislation • Product Development • Product Specification • Target Consumer • Consumer Research • Commercial Production • Enterprise • Profitability • Menu Pricing • Cost per Portion • Gross Profit • Sensory Analysis • Branding • Packaging • Automation • Innovation • Carbon Footprint • Sustainability • Ethical Sourcing • Fairtrade • Recipe Optimisation • Functional Properties • Provenance

You could learn more about this topic by:

- <https://www.aqa.org.uk/subjects/food-preparation-and-nutrition>
- <https://www.greatbritishchefs.com>
- <https://www.foodmanufacture.co.uk>
- <https://www.brcgs.com>
- <https://www.nutrition.org.uk>



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Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are:

Assessment Area	Below/Equals/Above
Work safely and hygienically when preparing food.	B: Demonstrates safe and hygienic working practices but occasionally requires reminders when working independently. E: Consistently demonstrates excellent organisation, hygiene and safe working practices whilst applying food safety, allergen awareness and quality assurance independently. A: Demonstrates professional standards of hygiene and organisation, confidently applying food safety principles whilst justifying decisions using food legislation and quality assurance procedures.
Demonstrate core food preparation skills.	B: Demonstrates a range of advanced practical skills but requires support to achieve consistent, high-quality outcomes. E: Applies a wide range of advanced practical techniques accurately, producing food products with confidence, precision and independence. A: Demonstrates exceptional technical skill, precision and organisation, selecting and applying the most appropriate techniques to produce consistently high-quality, professional outcomes.
Understand healthy eating and nutrition.	B: Explains how nutrition influences healthy eating and identifies suitable adaptations for different consumers. E: Applies nutritional knowledge to adapt recipes for different dietary requirements, lifestyles and target consumers whilst maintaining balance and quality. A: Justifies nutritional decisions confidently, balancing health, flavour, functionality, sustainability and consumer needs when designing and adapting food products.
Apply food science to practical cooking.	B: Explains how food science influences practical outcomes but requires support to apply this consistently. E: Applies food science confidently to explain, refine and improve the flavour, texture, appearance and consistency of food products. A: Uses food science independently to solve practical problems, justify technical decisions and optimise the quality of finished products using accurate technical vocabulary.
Understand food provenance, sustainability and consumer choice.	B: Explains how provenance, sustainability and consumer choice influence food production and purchasing decisions. E: Applies knowledge of provenance, sustainability, ethical sourcing, recipe costing, branding and commercial food production when evaluating or designing food products. A: Critically evaluates how environmental, ethical, commercial and consumer factors influence food product development, manufacturing and purchasing decisions.
Evaluate practical outcomes and identify improvements.	B: Evaluates finished products and identifies strengths and areas for improvement using appropriate technical vocabulary. E: Critically evaluates practical outcomes, justifying improvements using technical skill, food science, nutrition and consumer feedback. A: Produces detailed, evidence-based evaluations that justify improvements using scientific understanding, technical precision, sensory analysis, commercial awareness and consumer needs.