

This document contains details of how the subject is sequenced over the years of delivery. Included are assessment points and the prior learning that will be included in these assessments. It also includes where topics are revisited to maximise student retrieval and retention. Along with curriculum content, opportunities to develop links with careers are also identified to bring the relevance of the curriculum into the wider life context.

Curriculum Intent Statement

Students who have chosen to study food at BBG, develop and build on the skills already learnt through Key stage 3 for their pre-option year. The dishes selected to cook in practical lessons are chosen to practice and develop specific skills, whilst being mindful of how to organise time, cost, and dietary requirements. We will also look at presentation techniques and learn how to plate food.

As well as practical cooking lessons, students will carry out a range of activities to develop their subject vocabulary and knowledge and understanding of food-related topics.

Promoting the development of good student physical health by teaching the principles of nutrition, healthy eating and good mental health and well-being by providing opportunities to explore and develop diverse skillsets associated with food.

Ensuring equality of opportunity through the equal provision of resources for all pupils and develops an appreciation and respect for diversity in all its forms, whether in the form of different dietary choices or personal tastes, religious preferences or ethical choices.

Students will have the opportunity to explore the food that we eat within England and look at farming methods associated with the products. We will explore seasonality and look at contributing factors towards food miles.

Students will also have the opportunity to explore career pathways linked to food by having a regular career focus.

Year 9

Year 9 assessment dates

Assessment week 1 – 08.12.2025

Assessment week 2 – 23.3.2026

Term	Content	Sequencing	Assessment	Careers links & Experiences
Summer 2	<p>Topic: Introduction, healthy eating guidelines. Food packaging.</p> <p>General practical skills: Bread rolls, Carrot Cake</p>	<p>Previous skills built on in this topic:</p> <p>Practical skills covered throughout KS3: Fruit crumble, Pizza, Pasta Bake</p>	<p>Consolidation/Summative assessment:</p> <p>Continuous Verbal feedback throughout practical sessions.</p>	<p>Career Focus: Question and Answer session.</p>
Autumn 1	<p>Topic: Macronutrients: Carbohydrates, Fats, Proteins, Micronutrients: Vitamins and Minerals.</p> <p>General practical skills: Fresh Pasta and sauce Sausage rolls (short crust) Victoria Sponge</p>	<p>Bolognaise, Lemon Drizzle cake, Pizza Wheels</p> <p>Theory covered:</p> <p>Eatwell guide and introduction to healthy eating,</p>	<p>Specific links to assessment objectives where appropriate.</p> <p>Self-assessment through annotations and evaluation of own dishes.</p> <p>Constant self-reflection.</p>	<p>Career Focus: nutritionist nutritionist - Google Search</p>
Autumn 2	<p>Topic: Food choices, life stages, food safety.</p> <p>General practical skills: Calzone Chicken Curry Chelsea Buns</p>	<p>Proteins, Energy balance Dietary needs. Food Choices Food provenance Food Science</p> <p>Key Words:</p> <ul style="list-style-type: none"> Nutrition 	<p>Teacher whole class feedback. Use of exam questions where appropriate.</p> <p>Assessment week 1 – 08.12.2025</p>	<p>Career Focus: Food Hygiene inspectors Food safety - food hygiene inspections (youtube.com)</p>

<p>Spring 1</p>	<p>Topic: Religions, Energy requirements, Understanding food labels</p> <p>General practical skills: Fish/chicken goujons & wedges Lasagne Cheesecake</p>	<ul style="list-style-type: none"> • Hygiene • Food science • Presentation • Provenance • Poisoning 	<p>Assessment week 2 – 23.03.26</p>	<p>Career Focus:</p> <p>The job of being a chef.</p> <p>Why Being a Chef Is Harder Than You Think! (youtube.com)</p>
<p>Spring 2</p>	<p>Topic: Food provenance, farming methods, food miles</p> <p>General practical skills: Burgers Pies Profiteroles (choux)</p>	<p>Non-negotiables: Teacher demonstration/use of video to support techniques. Exemplar materials within PowerPoint. Physical demonstration of key skills.</p>		<p>Career Focus</p> <p>Farm focus</p> <p>Farm to Foodhall M&S Food At M&S Food we do things differently, whether it's hand-selecting seasonal produce or working with M&S Select Farmers to set pioneering environmental... By Marks and Spencer Facebook</p>
<p>Summer 1</p>	<p>Topic: Methods of cooking and heat transfer, Dietary related illnesses, alternative diets.</p> <p>General practical skills: filled pasta Cheese pasties (puff pastry) fruit flan chocolate cakes</p> <p>Key Words: Presentation, Conduction, Convection, Radiation, lamination</p>			<p>Career Focus</p> <p>Alternative diets</p> <p>Meat alternative plant-based diets: Healthy or just a fad? (youtube.com)</p>



BBG Academy Curriculum 2025-2026 — Year 9 Food & Nutrition