

## Year 9 Long Term Plan

Cycle 1	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>	<b>Week 8</b>	<b>Week 9</b>	<b>Week 10</b>	<b>Week 11</b>	<b>Week 12</b>	<b>Week 13</b>
	wc 25/08	wc 01/09	wc 08/09	wc 15/09	wc 22/09	wc 29/09	wc 06/10	wc 13/10	wc 3/11	wc 10/11	wc 17/11	wc 24/11	wc 1/12
			Intro to Food Tech / equipment and hazards	Hygiene and food poisoning – 4 C's	Preparing to cook – cheese sandwich	Knife skills – carrot chopping	Cooker intro - Oven	Rock Cakes	Grill theory	Pizza toast	Hob theory	Tomato pasta	Introduction to nutrition
Cycle 2	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>	<b>Week 8</b>	<b>Week 9</b>	<b>Week 10</b>	<b>Week 11</b>	<b>Week 12</b>	<b>Week 13</b>
	wc 08/12	wc 15/12	wc 05/01	wc 12/01	wc 19/01	wc 26/01	wc 02/02	wc 09/02	wc 23/02	wc 02/03	wc 09/03	wc 16/03	wc 23/03
	Healthy eating rules	Vegetable stir fry	Intro to food provenance	Food Provenance practical	Knowledge Check	Introduction to cultural / world food	British cuisine	Bakewell tarts	Caribbean cuisine	Jerk chicken	South Asian cuisine	Curry and Naan	Chinese Cuisine
Cycle 3	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>	<b>Week 8</b>	<b>Week 9</b>	<b>Week 10</b>	<b>Week 11</b>	<b>Week 12</b>	<b>Week 13</b>
	wc 13/04	wc 20/04	wc 27/04	wc 04/05	wc 11/05	wc 18/05	wc 01/06	wc 08/06	wc 15/06	wc 22/06	wc 29/06	wc 06/07	wc 13/07
	Chinese Cuisine Practical	Intro to the Eatwell guide Specialist diets	Fruits and vegetables	Apple cake	Meat and other proteins	Chicken Nuggets	Starchy carbohydrates	Focaccia	Dairy	Citrus Cheesecake	Fats and oils Sugar	Flapjack	Knowledge check