

Year 9 food overview

	Theory focus	Practical focus
Autumn 1	the eat well guide	Healthy eating
Autumn 2	The eat well guide	Healthy eating
Spring 1	Food poisoning	Curry in a hurry
Spring 2	Allergies	Sweet treats
Summer 1	Farming	Across the world
Summer 2	Project based	Project

Autumn 1	Week	Practical
	1	Chicken bang bang
	2	Fajitas
	3	Chilli con carne
	4	Blackberry crumble
	5	Calzone
	6	Paella
	7	Cottage pie

Autumn 2	Week	Practical
	1	Cheesecake
	2	Sausage pasta bake
	3	Meatballs
	4	Chicken and bacon wraps
	5	Fish cakes
	6	Vegetarian stir fry
	7	Christmas

Spring 1	Week	Practical
	1	Thai chicken curry
	2	Chicken Balti
	3	Vegetable samosa
	4	Chicken biryani
	5	Indian beef
	6	Shortbread hearts

Spring 2	Week	Practical
	1	NYC Cookies
	2	White chocolate and raspberry cupcakes
	3	Coconut and chocolate chip blondies
	4	Red velvet cookies
	5	Cheesecake
	6	Shortbread hearts

Summer 1	Week	Practical
	1	Lasagne
	2	Sweet and sour chicken
	3	Beef stir fry
	4	Hunters Chicken
	5	Chicken arribatta
	6	Moussaka
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