

Year 9 Food Tech 2025 – 2026 Curriculum Map

Autumn / Spring / Summer Term

Healthy Lifestyles

H&S Hygiene Eatwell Guide Knife skills Theory Practical dishes Special Diets	Homework
1) AO1: Baseline Test and Knife Skills practical carrot cutting techniques	1) Ingredients Stir Fry
2) AO3: Practical: Vegetable Stir Fry	2) Stir Fry Evaluation
3) AO1: Theory – healthy eating plate and vitamins. Reduced sugar cooking / recipe adaptations	3) Ingredients Muffin
4) AO3: Practical – Fruit Muffins	4) Muffin Evaluation
5) AO1: Theory – Macros-nutrients. Specialist diets and vegetarian protein sources	5) Ingredients Bean Chili
6) AO3: Practical – Bean Chilli & Rice	6) Bean Chilli Evaluation
7) AO1: Theory – Religious Diets and Dietary related diseases	7) Ingredients Flatbreads and Dips
8) AO1: Practical – Flatbreads and Dips	8) Flatbreads and Dips Evaluation



Practical Cutting Skills	Vegetable Stir Fry	Fruit Muffins	Bean Chilli & Rice	Flatbreads and Dips
<ul style="list-style-type: none"> Health and Safety Knife holding Knife cleaning Cutting techniques 	<ul style="list-style-type: none"> Julienne, slice, dice, brunoise Stir fry timings Recipe adaptation 	<ul style="list-style-type: none"> Recipe adaptations Baking timings Measuring 	<ul style="list-style-type: none"> Dove-tail planning Recipe adaptation Seasoning Boiling Stove-top cooking 	<ul style="list-style-type: none"> Dough making Recipe adaptation Seasoning Dry-frying Electric Blender