



ABINGDON

HOUSE SCHOOL

Curriculum map overview for Year 9 Food & Nutrition 2025/26

Term (Weeks)	Topic/Unit (weeks)	Key Objectives	Type of assessment
Week 1 (First full week) Theory	Health & Safety Advanced	Hazard identification, risk assessment in kitchens	Group risk assessment task
Week 2 practical	Technical Practical - Pastry	Shortcrust pastry, precision, and quality control	Observed technical skill assessment
Week 3 theory	Advanced Nutrition & Diet	Special diets (allergies, vegan, medical conditions)	Case study task: diet for specific needs
Week 4 practical	Special Diet Cooking	Dairy-free or gluten-free dish	Practical self and teacher evaluation
Week 5 theory	The Food Industry & Careers	Food manufacturing, processing, careers pathway	Careers research

			project, short presentation
Week 6 practical	Food Product Development	Design and trial a snack or small food item	Practical design log, peer feedback session
Week 7 theory	Factors Influencing Food Trends	Media, environment, ethics in food choices	Debate or discussion on current food trends
Week 8 practical	Cooking to a Brief	Cook a dish based on sustainability or health trend	Assessed on creativity and technical skill
Week 9 theory	Making Better Food Choices	Long-term health impacts, informed food decisions	Scenario-based decision making activity
Week 10 practical	Two-Course Meal Prep	Plan and prep starter/main or main/dessert	Practice timed assessment with feedback
Week 11 theory	Evaluation & Exam Prep	Recap nutrition, skills, written evaluation practice	Mock NCFE-style short written test
Week 12 practical	Final Practical Assessment	Timed two-course meal with independent presentation	Full assessment: hygiene, technical skills, presentation