

Year 9 Food Studies: Global Food Choices & Safe Food Storage

This scheme builds on prior learning by exploring the cultural influences on food, safe food storage and reheating practices, and the importance of reducing food waste (*Love Food, Hate Waste*). Through a diverse range of international dishes, students will learn about global cuisines, key ingredients, and cooking techniques while reinforcing the 4Cs of food safety (Cleaning, Cooking, Chilling, and Cross-contamination).

Lessons focus on:

- Safe food storage and reheating** to prevent food waste and ensure food safety.
- Exploring food provenance** by understanding where ingredients come from and their cultural significance.
- Developing practical skills** such as chopping, kneading, shaping, filling, and seasoning.
- Adapting recipes** to suit dietary needs (e.g., gluten-free, dairy-free, meat-free options).
- Making sustainable choices** by using seasonal produce and reducing food waste.

Throughout the course, students will compare and contrast similar dishes from different cultures, deepening their understanding of how food travels and evolves globally. A final **team assessment** challenges students to create a multicultural dish using a variety of spices and techniques, reinforcing teamwork and creativity.

By the end of the scheme, pupils will have developed greater confidence in the kitchen, an appreciation for global food diversity, and an understanding of how cultural influences shape food traditions.

Safe Food Storage / Reheating of Foods. Cultural Influences / Food Provenance / Love Food, Hate Waste

- To store food safely to prevent waste.
- To learn about different foods from around the world.

1. Spaghetti Bolognese (Italy)

- To cook mince safely using Italian herbs.
- To work safely considering the 4Cs
- To explore ways for reducing food costs and food waste.

2. Calzone / Stromboli (Italy)

- To make roll and fill dough to make a folded pizza.
- To explore how Calzone and Stromboli are popular street foods in Italy.

4. Focaccia

To explore breadmaking different techniques

To discover how ingredients and flavours transform products

3. Sweet Potato Curry (India – Umami Flavours)

- To chop vegetables and cook with Indian spices.
- To explore how umami flavours make food taste richer.

4. Stir Fry (China)

- To chop ingredients into thin strips for quick cooking.
- To understand how Chinese stir-fry is a quick and healthy meal choice
- To discover how and why cooking methods vary around the world

5. American Baked Cheesecake (USA – Not Suitable for Dairy-Free Groups)

- To mix and bake a smooth cheesecake.
- To explore how cheesecake recipes vary across the USA (e.g., New York vs. Chicago style).

6. Special Fried Rice (China – Love Food, Hate Waste)

- To use leftover rice and vegetables to reduce food waste.
- To understand how fried rice is a versatile key dish in Chinese cuisine, made with leftovers.

7. Samosas (India, Pakistan)

- To fold and fill pastry with a spiced filling.
- To learn how samosas are eaten as snacks or street food in South Asia.

8. Hungarian Goulash (Hungary)

- To cook meat and vegetables in a paprika-flavoured stew.
- To explore how goulash is a national dish of Hungary, often eaten with dumplings.

9. Vegan Chilli (Mexico – Meat-Free Adaptation)

- To cook beans with tomatoes and Mexican spices.
- To explore how chilli con carne is adapted into vegan versions around the world.

10. Toad in the Hole (UK)

- To mix batter and cook sausages in the oven.
- To learn about traditional British comfort foods.

11. Savoury Rice Cake Rolls (Japan, Korea)

- To chop vegetables and roll them in rice.
- To explore how Japanese sushi and Korean kimbap are made with different fillings.

12. Umami Superfood Soup (Japan, China)

- To make a flavourful broth using umami ingredients (e.g., miso, soy sauce).
- To explore how umami is a key taste in Asian cuisine.

13. Burger and Bread Rolls (USA)

- To shape and cook a burger patty.
- To be aware of how to reduce food costs
- To explore the history of burgers and their popularity worldwide.

14. Fish Cakes (UK, Thailand, Japan)

- To shape and form fish cakes before cooking.
- To explore how fish cakes differ in Britain, Thailand (tod mun pla), and Japan.

15. Scotch Eggs (UK – Picnic Food) (Not suitable for Gluten Free and Egg Allergens)

- To wrap sausage meat around a boiled egg.
- To explore how Scotch eggs are a popular British snack.
- To explore different methods of cooking food (oven Fry/air fry)

16. Refugee Curry and Naan Bread (Team Assessment – Various Cultures)

- To work in a team to make a curry using spices from different cultures.
- To understand how different countries have their own versions of curry.

17. Moroccan Flatbread & Meatball (Morocco, North Africa) High skill levels only

- To mix, knead, and roll dough for flatbread.
- To learn how Moroccan bread is eaten with tagines and dips.

18. Meatballs and a compliment / Pasta (Italy, Middle East, Sweden) Higher level skills

- To roll and cook meatballs in sauce.
- To explore how different cultures (Italian, Swedish, and Middle Eastern) prepare meatballs.

19. Mac and Cheese (USA, UK, Caribbean)

- To make a creamy cheese sauce for pasta.
- To compare how mac and cheese is made in the UK, USA, and Caribbean cuisine.

20. Pasties / Jamaican Patties (UK, Jamaica)

- To fill and fold pastry before baking.
- To compare British Cornish pasties and Jamaican patties, focusing on spice and fillings.

21. Keema Lentils (India, Pakistan, Bangladesh)

- To cook lentils with spices and minced meat or vegetables.
- To explore how keema is used in Indian and Pakistani cuisine, served with rice or bread.

21. Kofta Kebab and Homemade Flat bread Greek / Middle Eastern

- To cook pulses with spices and minced meat or vegetables.
- To explore how flavours are combined / Cultural influences
- To be aware of profit margins homemade V takeaway