



Year 8

Overview	<p>Pupils learn a wide range of practical and organisational skills enabling them to produce high-quality food products which meet nutritional targets and promote good health.</p> <p>Pupils will work with a range of foods to experience first-hand the working characteristics and processing techniques used when making food products. As well as developing a sound knowledge and a wide range of practical skills, there will be opportunities for investigation of recipe ideas, experimentation, testing and exploration.</p>
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Autumn Term	<p>Unit 1: Exploring food provenance and applying to practical situations. Seasonality, macro-nutrients, reducing food waste, heat transfer.</p>	Assessment
	<p><u>Practical sessions (developing skills):</u></p> <ul style="list-style-type: none"> ■ Seasonal curry – Knife skills – preparing vegetables, cooking methods – frying, selecting and adjusting cooking times, reduction sauce, weigh and measure ■ Aloo Chana Chat – knife skills preparing vegetables – bridge and claw, peel, grate, dice, cooking method – simmering, testing for readiness, judge and modify sensory properties, weigh and measure ■ Bolognese- knife skills, cooking methods – dry frying, preparing vegetable – grate, peel, dice; reduction sauce 	<ul style="list-style-type: none"> ■ End of unit 1 – multiple choice ■ Written communication ■ Literacy skills question ■ Practical assessment

Spring Term	<p>Unit 2: Food science in action. Function of Yeast. Bread making. Raising agents.</p>	Assessment
	<p><u>Practical sessions (developing skills):</u></p> <ul style="list-style-type: none"> ■ Pizza- making a dough, weigh and measure, use of knife skills, preparing vegetables – peel and grate, sauce making, shaping and finishing, testing for readiness, using the oven ■ Chelsea buns – making an enriched dough, shaping and finishing, knife skills, using the oven, preparing equipment – lining a tin ■ Swiss roll – use of equipment – hand whisk, weigh and measure, prepare equipment – line a baking tray, eggs as a raising agent, judge and modify sensory properties 	<ul style="list-style-type: none"> ■ Written communication ■ Literacy skills question ■ Practical assessment

Summer Term	<p>Unit 3: Applying nutritional knowledge to a relevant design/make situation – Meals for the School Canteen.</p>	Assessment
	<p><u>Practical sessions (developing skills):</u></p> <ul style="list-style-type: none"> ■ Quesadillas – weigh and measure, select and adjust cooking time, judge and modify sensory properties, knife skills, preparing vegetables – peel or grate, cooking methods – dry frying ■ Falafel wrap – prepare, combine and shape, weigh and measure, prepare equipment – oil baking tray, testing for readiness, judge and modify sensory properties, knife skills, preparing vegetables, using the oven ■ Own design canteen main meal - opportunity to use a combination of skills from year 7 & 8 to prepare a canteen meal 	<ul style="list-style-type: none"> ■ End of unit 3 – multiple choice ■ Written communication ■ Literacy skills question ■ Practical assessment

Useful Resources for Supporting Your Child at Home:	Homework:
<ul style="list-style-type: none"> ■ Teams – all recipes will be posted on the Food and Nutrition Team at least a week in advance. ■ Recipe allergy information is on the school website. 	<ul style="list-style-type: none"> ■ Pupils are required to organise their own ingredients and suitable container in preparation for each practical lesson. ■ Revision for end of unit tests – all revision resources required will be posted on Teams.