

| Curriculum Overview for Food Technology – Year 8  |   |  |  |  |
|---|---|--|--|--|
| When?   | What?   | Why?   | How?   | Support  |
| <p>Year 8 students start their three year Food Preparation and Nutrition course. In year 8 they complete three projects:</p> <ol style="list-style-type: none"> <li>1 Staple foods</li> <li>2 Food commodities</li> <li>3 Scientific investigation</li> </ol> <p>Eg sugar</p> <p>Students build up a wide range of food preparation and cooking skills, and learn the basic principles of nutrition, food sources and supply.</p> <p>Before practical work starts, food safety and accident prevention are introduced to prepare students for practical work.</p> | <p>Dishes may include:</p> <p>Fruit flapjacks<br/>Lentil and sweet potato curry<br/>Macaroni cheese<br/>Frittata<br/>Pizza<br/>Sweet and sour chicken<br/>Balsamic pork</p> <p>The role of staple foods in the diet.<br/>Personal, social and economic factors influencing food choice.</p> <p>Experimental work on yeast and staple foods. A scientific investigation into the function of sugar in baked goods.</p> | <p>To build up confidence in a range of basic skills.</p> <p>To enable students to work in a safe and hygienic manner.</p> <p>To allow students to independently follow a recipe.</p> <p>To understand factors influencing food choice around the world.</p> <p>To prepare students for the GCSE Food investigation task.</p> <p>To gain an insight into the working characteristics and the functional and chemical properties of ingredients groups.</p> | <p>Students are issued with recipe booklets for all practical work at the start of the module.</p> <p>Through individual and group practical work.</p> <p>For a wide range of food commodities students will consider factors such as varieties, nutrients, how they are grown/farmed/processed, classification and seasonality.</p> <p>Key knowledge sheets are available on PASS, and students will be tested at the end of each module.</p> <p>Group scientific investigations.<br/>Independently producing a hypothesis, recording results and analysing findings.</p> | <p><a href="http://www.bbc.co.uk/food/recipes">http://www.bbc.co.uk/food/recipes</a></p> <p><a href="http://www.nhs.uk/livewell/5aday">http://www.nhs.uk/livewell/5aday</a></p> <p><a href="http://www.food.gov.uk/">http://www.food.gov.uk/</a></p> <p><a href="http://www.nutrition.org.uk/">http://www.nutrition.org.uk/</a></p> <p>Key Knowledge sheets can be accessed through PASS.</p> <p>Recipe booklets for all dishes are given to students in advance allowing them to practice dishes beforehand.</p> <p>Teachers demonstrate how to make dishes, recipes are on the whiteboard and also on individual recipe cards. Students can also practice dishes beforehand using their recipe booklets.</p> |