

Subject: Food Nutrition

Year: 8

Foods From around the world

In year 8 students will develop knowledge of other Family favourite dishes, they will cover Health and safety within the kitchen to enable them to work safely with ingredients whilst building skills and knowledge

Students will begin to develop skills such as bread making and have an understanding of how to adapt the basic recipe to produce other dishes. They will handle high risk foods and cover bacteria and food poisoning. Recipes will cover family favourites but also dishes that can meet the needs of others, by using popular dishes from low fat cookery books which families use. Students will use skills such as fine knife skills, hob and oven use, rolling, shaping, kneading and cake making skills through a science based task exploring the function of ingredients, why the ingredients are in dishes and what they do.

The Eat well guide will help the students consider making the right choice through food and nutrition and understand the elements of nutrition and how ingredients helps our bodies function and grow correctly. They will explore where foods come from and careers around food production.

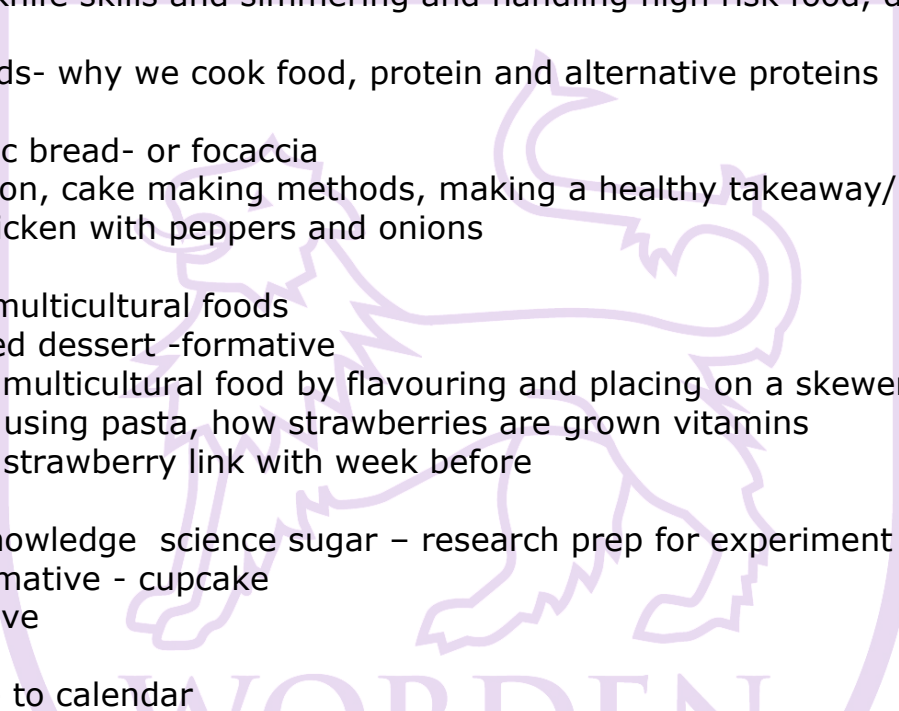
Traffic – the students will evaluate their dishes and become aware of how to adapt dishes to meet the needs of others and how to improve dishes through taste, smell and texture

1 All lessons include, weighing, measuring, timing, following a recipe, nutrition, TRAFFIC how to improve the skills/ recipe/ dish/ nutrition,

Depending how long the rotation is – the dishes may be altered or adapted due to time table but a range of multicultural dishes will be covered

- Recap on H&S Hygiene
- Bread production, weigh measure, nutritional , fibre, Yeast,

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- Produce a batch of Chilli – fine knife skills and simmering and handling high risk food, discussing red tractor and buying locally and within the uk
 - Theory- Breakfasts Cooking foods- why we cook food, protein and alternative proteins
 - Breakfast Banana muffins
 - Bread challenge, pizza and garlic bread- or focaccia
 - Theory- healthy snacks, hydration, cake making methods, making a healthy takeaway/ fake away
 - Fajita wraps filled marinated chicken with peppers and onions
 - Sausage rolls
 - Theory – how cheese is made, multicultural foods
 - Cheesecake –, decorating, chilled dessert -formative
 - Kofta- shaped meat to create a multicultural food by flavouring and placing on a skewer
 - Theory- pasta recall and dishes using pasta, how strawberries are grown vitamins
 - Bakewell muffins- raspberries / strawberry link with week before
 - Cajun chicken kebabs
 - Theory Assessment prep and knowledge science sugar – research prep for experiment cake making and sugar
 - Science experiment – sugar formative - cupcake
 - Savoury assessment – summative
 - Theory - Evaluation
 - Sweet assessment – if time due to calendar

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