

**Subject: Food Technology. Food around the world****Year: 8**

<b>Technical knowledge</b>	<b>Practical</b>
1. Health and Safety – demo bread making	Bread – production, kneading and shaping, gluten
2. Key temperatures and fermentation	Vegetable chilli – savoury main course, hob/knife use, pan handles. Meat alternatives, vegan, vegetarian. Meeting needs of others
3. Protein and meat alternatives – effects of too much and too little in our diets	Granola bars – melting method, combining nuts, baking in the oven
4. Breakfast around the world	Pizza – bread making, portion control, healthy toppings, stuffed crust, oven baked
5. Eatwell plate guide – healthy takeaway	Fajita – handling high risk foods, shaping meat, seasonings, aesthetics of presenting food
6. Function of ingredients	Sausage rolls - handling high risk foods, shaping meat, seasonings, combining ingredients, cooking times
7. How cheese is made	Cheesecake challenge – adaptations for aesthetics, decoration and flavour
8. Multicultural snacks and foods	Kofta – Handling high risk foods, shaping meat, adding skewers, adding authentic spices for Indian cuisine, accompaniments
9. Theory of pasta – Fair Trade	Banana muffins – wet and dry method, oven use and timings, measuring liquid, portion control
10.Savoury assessment preparation	Savoury assessment – design brief, research, method, dovetailing, working independently to produce a savoury meal with accompaniment
11.Evaluation of savoury assessment	Diet cola chicken – handling high risk foods, gelatinisation, measuring liquid, health – healthy alternatives
12.Science of ingredients – sugars	Science investigation – research, analyse, produce hypothesis and test sugars
13.Evaluate Science investigation	Dessert challenge