

Year 8 Curriculum Plan

Cooking and Nutrition



Half term 1		Half term 2	Half term 3
PRIOR LEARNING	This unit builds to establish firm foundations from year 7 in understanding nutrition and hygiene and the development of preparation and cooking skills. It also introduces commodities caught, grown, reared	This term continues with the introduction of different commodities. Factors Affecting food choice: Food labelling allergies and intolerances-dairy, gluten free Sensory analysis	Factors affecting food choice: Diet and lifestyle choices Vegetarian/vegan
KNOWING WHAT..	Nutrition: Recap of the Eatwell guide, macronutrients and micronutrients Safety & hygiene: Food safety-temperature control; bacteria Where does food come from? Commodities: poultry & meat, grains & potatoes	Commodities: eggs, dairy Factors affecting food choice Food labelling Allergies intolerances: diet and lifestyle; vegan/vegetarian gluten free and alternatives	FACTORS AFFECTING FOOD CHOICE Sensory evaluation techniques Taste testing products: comparison and discrimination testing; scone - shop bought gluten-free and homemade
KNOWING HOW..	Know about safe food handling, storage and cooking - The 4Cs Bacteria - sources, visible & non-visible symptoms Culinary skills focus: Preparation and cooking of: - sizzling chicken stir-fry-poultry Beefburger-beef Pizza-grains Fermentation, kneading dough	Factors affecting food choice Understanding what foods cause symptoms allergies and intolerances, preventions of allergic reactions and intolerances Commodities, meat and poultry, using cereals, where does bread and pasta come from, how are they made, primary and secondary processes, eggs, milk Culinary skills focus: Making pizza dough Using wheat and milk-based products. Culinary skills focus: Making cheesecake, safe storage of high risk foods Sensory testing	Factors affecting food choice Culinary skills focus: Making own scones, food science - raising agents, denaturing protein Cooking using alternative ingredients: Culinary skills focus: best mac n cheese: making a roux sauce Choosing vegetarian/vegan alternatives

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ASSESSMENT	Formative assessment through class discussion, participation and verbal responses; recall starters; application of knowledge plenaries; use of hinge questions and responses, quality of written tasks. Ability of practical skills: organisation, independence, hygiene, teamwork, through observation. Assessing the organoleptic qualities of food using several testing techniques.	Formative assessment through class discussion, participation and verbal responses; recall starters; application of knowledge plenaries; use of hinge questions and responses, quality of written tasks. Formal practical skills assessment: organisation, independence, hygiene, teamwork, through rubrik Formal written test in week 9/10	Formative assessment through class discussion, participation and verbal responses; recall starters; application of knowledge plenaries; use of hinge questions and responses, quality of written tasks; informal practical observational assessment. Formal Culinary skills rubrik assessment
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