

Y8 Food

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Curriculum Intent:

The food curriculum at Forge is about making sure all children and young people are given the opportunity to learn and understand the importance of good eating habits and their affects at such a crucial and impressionable time in their lives. This results in them being equipped and sorted for life with knowledge and skills to cook a repertoire of predominantly savoury dishes so that they can feed themselves and others a healthy and varied diet.

	Core Knowledge	Procedural Knowledge
	Topic	Pupils will
Rotation one	Food Science & Raising Agents - What raising agents are and why they are used - Types of raising agents: -Steam (e.g. Yorkshire pudding, choux pastry) -Biological (yeast - fermentation in bread) -Mechanical (whisking air into mixtures) -Chemical (bicarbonate of soda, baking powder) - Scientific processes in cooking: -Aeration	- Measuring and weighing accurately - Following recipes independently - Time management in practical lessons - Safe use of the hob, oven, grill and electrical equipment - Making and handling dough (kneading, proving, shaping) - Whisking and aerating mixtures - Using raising agents correctly in recipes - Applying heat safely and effectively - Understanding why dishes succeed or fail

	-Fermentation -Gelatinisation -Coagulation -Caramelisation • Functions of ingredients in recipes (fat, flour, eggs, sugar) • How ingredients interact to create texture, structure and flavour	
Rotation two	Fundamental Skills • Social, moral and ethical issues linked to food choices • Food provenance and cuisine (focus on Italian cuisine) • Features and characteristics of dishes such as: • Piadina bread • Bolognese • Macaroni cheese • Risotto • Pizza • Scientific processes in cooking: • Gelatinisation	Learn basic kitchen procedures and skills. Including: Pupils will develop practical cooking skills including: • Safe use of the hob, oven and grill • Knife skills (bridge and claw techniques) • Preparing and cooking ingredients safely • Cooking methods: boiling, simmering, frying, baking • Sauce making (roux and reduction) • Dough making techniques: kneading, proving, shaping • Measuring and weighing accurately • Following recipes independently • Timing and workflow in practical cooking • Adapting recipes to meet a brief or dietary need • Presenting dishes to a high standard • Analyzing nutritional content

	• Roux sauce making • Fermentation • Function of ingredients in different recipes • Factors affecting food choices (culture, lifestyle, cost, religion, health needs) • Nutritional understanding (Eatwell Guide, traffic light labelling, balanced diet) • Food allergies, intolerances and special diets (coeliac, lactose intolerance, vegetarianism) • Recipe adaptation to suit different consumers	
Homework: Homework is set on Brom Com for each 9-week rotation. Homework is in the form of a mastery knowledge organiser paired with revision tasks for students to complete. This will aid revision for tests and a mid-way knowledge review.		
Assessment: Formative verbal and end of rotation summative feedback. Assessment takes place mid-way through a rotation in the form of a quiz which creates whole class feedback and at the end of a rotation capturing knowledge secured.		

Links to Personal Development:

Careers include

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Food scientist, Food Product Developer, Dietician, Nutritionist and within the Hospitality and Catering sector.

Principles of healthy eating and nutrition delivered to develop understanding of physical and mental health.

Understanding risks to personal wellbeing through healthy eating.

How is my knowledge further developed in Year 8? (next academic year)

Pupils extend their knowledge by:

- Developing more advanced cooking techniques (e.g. dough, sauces, complex dishes)
- Applying food science principles in practical contexts
- Understanding nutrition in greater depth
- Exploring global cuisines and food provenance
- Designing and adapting recipes for specific needs