

Food Technology – Year 8 Curriculum Map

	I am learning	I will be able to
Unit 1 (approx. 10 weeks)	<ul style="list-style-type: none"> • How to follow the Eatwell Guide and plan healthy and balanced meals. • The importance of a balanced diet and the impact on my health. • The main food groups and whether they are grown, caught or reared. • The importance of food provenance and understanding where our food comes from. • Techniques for preparing and cooking meat, poultry and fish. • The names and functions of the main macro and micro nutrients. • How to select suitable ingredients and plan my own recipe for cheesecake. 	<ul style="list-style-type: none"> • Successfully create a number of dishes to a high standard of taste and presentation including – shortbread, chilli con carne, muffins, chilli chicken stir-fry and cheesecake • Follow a recipe independently. • Demonstrate practical skills in using equipment and the hob, grill and oven. • Evaluate my own practical work and skills, identify aspects that were successful and areas for improvement.
Unit 2 (approx. 10 weeks)	<ul style="list-style-type: none"> • How to improve the practical skills learnt in Unit 1. • The importance of temperature control in storing and cooking high-risk foods. • How to use a temperature probe to ensure food safety and prevent food poisoning. • The four basic tastes and how sensory testing is carried out. • The importance of understanding food allergies and intolerances. 	<ul style="list-style-type: none"> • Successfully create a number of dishes to a high standard of taste and presentation including – egg-fried rice, scones, quesadilla, chocolate brownies, sticky chicken kebabs and spaghetti carbonara. • Follow a detailed recipe independently. • Demonstrate improved practical skills in using equipment and the hob, grill and oven. • Independently evaluate my own practical work and skills, identify aspects that were successful and areas for improvement