

Year 8 – Food Technology

Curriculum intent	The aim of the curriculum is to combine practical and technical skills with creativity to develop confidence. To develop their knowledge and understanding of nutrition, healthy eating, food preparation, hygiene, cooking techniques and sensory characteristics. To give vital skills that are essential for cooking and health. Learners will receive a mixture of practical and theory based lessons. They will know about equipment, and be able to adapt recipes. Learners will have the opportunity to be 'Master Chefs' in the making. On a termly rotation the intention is to give all learners the opportunity to deepen knowledge of each area of ADT.					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	<u>Eatwell Guide</u> Practical Food skills and use of equipment. Theory Recall nutrition and the Eatwell Guide. Food hygiene and sources of energy.	<u>Nutrition</u> Practical Food skills and use of equipment. Technical skills such as the bridge or claw. Theory Nutrition and recall of the Macronutrients and Micronutrients. Food hygiene and sources of energy.	<u>Eatwell Guide</u> Practical Food skills and use of equipment. Theory Recall nutrition and the Eatwell Guide. Food hygiene and sources of energy.	<u>Nutrition</u> Practical Food skills and use of equipment. Technical skills such as the bridge or claw. Theory Nutrition and recall of the Macronutrients and Micronutrients. Food hygiene and sources of energy.	<u>Eatwell Guide</u> Practical Food skills and use of equipment. Theory Recall nutrition and the Eatwell Guide. Food hygiene and sources of energy.	<u>Nutrition</u> Practical Food skills and use of equipment. Technical skills such as the bridge or claw. Theory Nutrition and recall of the Macronutrients and Micronutrients. Food hygiene and sources of energy.
Skills	<ul style="list-style-type: none"> • Practical Skills • Cooking skills • Food skills 	<ul style="list-style-type: none"> • Practical Skills • Cooking skills • Food Safety and hygiene skills 	<ul style="list-style-type: none"> • Practical Skills • Cooking skills • Food Safety and hygiene skills 	<ul style="list-style-type: none"> • Practical Skills • Cooking skills • Food Safety and hygiene skills 	<ul style="list-style-type: none"> • Practical Skills • Cooking skills • Food Safety and hygiene skills 	<ul style="list-style-type: none"> • Practical Skills • Cooking skills • Food Safety and hygiene skills



Assessments	<ul style="list-style-type: none">• Baseline test. Hydration and Eatwell guide assessment• Ramp test and address any misconceptions	<ul style="list-style-type: none">• Mini assessment on nutrients. <p>Practical assessments.</p> <p>Plan, prepare and cook basic healthy meals.</p>	<ul style="list-style-type: none">• Baseline test. Hydration and Eatwell guide assessment• Ramp test and address any misconceptions•	Practical assessments and mini assessment on diet and health.	<ul style="list-style-type: none">• Baseline test. Hydration and Eatwell guide assessment• Ramp test and address any misconceptions•	<ul style="list-style-type: none">• Mini assessment on nutrients. <p>Practical assessments.</p> <p>Plan, prepare and cook basic healthy meals.</p>
Enrichment	https://www.foodafactoflife.org.uk/11-14-years/	https://www.foodafactoflife.org.uk/11-14-years/ Links to the canteen.	https://www.foodafactoflife.org.uk/11-14-years/	https://www.foodafactoflife.org.uk/11-14-years/ Links to the canteen.	https://www.foodafactoflife.org.uk/11-14-years/	https://www.foodafactoflife.org.uk/11-14-years/ Links to the canteen.