

YEAR 8 CURRICULUM PLAN FOR TECHNOLOGY (FOOD PREPERATION & NUTRITION)



TOPIC	KEY LEARNING	ASSESSMENT
Eatwell Guide and Hydration	<ul style="list-style-type: none"> ○ List and explain the main nutrients provided by a healthy diet ○ To explain the importance of hydration 	Weekly buying, weighing, measuring and packaging of ingredients and equipment. Being fully prepared and organised to take part in weekly practical work.
Pizza Toast	<ul style="list-style-type: none"> ○ Knife Skills. Using a knife and the grill safely 	Self-Assessment
Energy sources in the diet	<ul style="list-style-type: none"> ○ Identify energy sources in the diet. Describe how energy needs change throughout life 	
Carrot cakes	<ul style="list-style-type: none"> ○ Develop and demonstrate the principles of food hygiene and safety, focus on handling eggs as well as using the oven. 	
Protein and sources in the diet	<ul style="list-style-type: none"> ○ To describe dietary recommendations for protein and how it relates to their diet 	

Frittata	<ul style="list-style-type: none"> ○ Develop and demonstrate knife skills, grating using the oven safely to prepare and cook a frittata. 	
Fruit Scones	<ul style="list-style-type: none"> ○ To develop and demonstrate the rubbing in method, knife skills, forming and shaping a dough as well as safely using an oven. 	Peer Assessment
Micronutrients – Vitamins and Minerals	<ul style="list-style-type: none"> ○ To be able to name the key micronutrients and state why they are needed in the diet. 	
Pasta Bake	<ul style="list-style-type: none"> ○ Using the all in one method to create a roux sauce, focus is on using the hob, draining boiling water and using the grill. 	
Factors that affect individual food choice	<ul style="list-style-type: none"> ○ Investigate the dietary needs of young people and explain factors that affect individual food choice. 	
Chilli	<ul style="list-style-type: none"> ○ To demonstrate and develop working with raw meat to create a chilli con carne. 	
Bread Theory	<ul style="list-style-type: none"> ○ Identify varieties of bread and bread products available to the consumer. 	

Pizza	<ul style="list-style-type: none"> ○ To demonstrate and develop forming, kneading and shaping a yeast based dough. 	Self Assessment
Healthy Meal Planning	<ul style="list-style-type: none"> ○ To plan and create a recipe for a healthier main menu to be served in a leisure venue. 	
Turkey/Vegetarian Burgers	<ul style="list-style-type: none"> ○ To demonstrate and develop skills in handling and cooking raw meat as well as portioning/shaping and using the grill. 	
Food Assurance/Provenance	<ul style="list-style-type: none"> ○ To explore the different food assurance schemes 	
Fajitas	<ul style="list-style-type: none"> ○ Consolidate learning of knife skills, food hygiene (handling of raw meat), and kitchen hygiene. Demonstrate the use of a marinade to enhance the flavour of a dish 	Self Assessment
Plenary	<ul style="list-style-type: none"> ○ To appraise and evaluate their learning journey 	