

Academic Learning Plan 2023-2024

Food

Year: 8

Subject intent

To provide a curriculum built on the principles of nutrition, with a clear understanding of healthy eating and the Eatwell guide. • To develop confidence and independence at selecting and modifying recipes, allowing them to plan, prepare, cook, and present a range of dishes. • To provide opportunities to explore and investigate different ingredients, where they come from, their properties and functions. Students will have 2 hour lessons a fortnight.

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Content	<p>Hygiene and safety The Eatwell Guide Recalling the principles of the Eatwell Guide Applying the Eatwell guide to your own diet List and explain the main nutrients provided by the diet</p> <p>Hydration The importance of hydration</p> <p>Healthy lifestyle How energy and nutrient Needs change through life Energy balance</p> <p><u>Practical skills being developed</u></p> <p>Savoury muffins Weigh, measure Cut, chop, slice, grate, dice and trim Mix, stir and combine Portion/divide Bake</p> <p>Savoury rice Weigh, measure Peel, cut, chop, slice, dice and trim Fry and sauté Mix, stir and combine Simmer</p>	<p>Nutritional analysis Know what a traffic light label is. Know how to carry out a nutritional analysis. (practical link: cheese and onion triangles)</p> <p>Protein (2 theory lessons) The sources, types and functions of protein Describe the dietary recommendations for protein and how it relates to the diet Dietary recommendations of protein Protein complementation Functions of eggs in cooking (practical links:fruity pancakes, fruit scones)</p> <p>Seasonality and food waste (link to Fruit and vegetables section of the Eatwell Guide) Explain the term seasonality Know how to reduce the waste of fruit and vegetables.</p>	<p>Gelatinisation (link with starchy carbohydrates section of the Eatwell Guide) Be able to explain the process of gelatinisation in sauce making. (Practical link: tuna pasta bake/macaroni cheese)</p> <p>Vitamins and minerals Be able to name the micronutrients Name the sources, function of micronutrients -Vitamins A,D, B group (Thiamin/Riboflavin/Niacin) and C. Minerals – calcium/iron/sodium.</p> <p>Factors that affect food choice Dietary needs of young people</p> <p><u>Practical skills being developed</u></p> <p>Tuna pasta bake/macaroni cheese Weigh, measure Melt, simmer boil Drain Grate Cut, chop, slice, dice, trim Mix, stir, combine</p>	<p>Carbohydrates Sources, functions, types of carbohydrate Dietary recommendations for carbohydrates</p> <p>Function of bread ingredients (practical link: investigation into conditions needed for fermentation, pizza wheels and Hot cross buns if time allows)</p> <p>Breads around the world Different breads from different cultures and festivals (practical link: Hot cross buns)</p> <p><u>Practical skills being developed</u></p> <p>Curry (Chicken and potato curry), Link to theory on carbohydrates, previous learning on reducing salt in food by using spices for flavouring) Weigh, measure Cut, chop, slice, dice and trim Peel Fry/sauté Mix stir and combine</p>	<p>Local and regional ingredients The availability, benefits and drawbacks of locally or regionally sourced food/ingredients How and why food is wasted – ways in which food waste can be reduced (practical link: turkey burger)</p> <p>Cultural challenge The factors that influence a country’s food culture (practical link: fajitas)</p> <p>Meal planning (for a leisure venue) 2 lessons Explore considerations necessary for preparing and serving a dish in a leisure venue Plan and create a recipe for a healthier main meal dish to be served in a leisure venue. <u>Practical skills being developed</u> Turkey burger (or spicy chickpea and mushroom burger) Weigh, measure</p>	<p>Costing a recipe Know how to cost a recipe and make suggestions to reduce the cost</p> <p>Nutritional analysis of the recipe Make a traffic light label for the dish made for the leisure venue. Adapt the recipe to make it a ‘healthier’ option.</p> <p>Appraisal and evaluation of the learning journey during yr 8 To include an evaluation of cooking experiences</p> <p><u>Practical skills being developed</u></p> <p>Leisure venue meal (skills to be demonstrated according to dishes chosen – students able to choose from a selection of dishes if necessary – this could include sausage rolls/pasties to develop pastry making skills)</p> <p>Final practical – tbc as a result of the evaluation of the cooking experience during the year</p>

	<p>Mini carrot cakes Weigh, measure Peel Cut, chop, slice, dice, trim Grate Mix, stir and combine Beat, sift Portion Bak</p>	<p>(practical link: cheese and onion triangles) <u>Practical skills being developed</u> Making short crust pastry Weigh, measure Cut, chop, slice, dice and trim Mix, stir, combine Rub-in Roll-out Form and shape Glaze Bake Fruity pancakes Weigh, measure Cut, chop, slice, dice, trim Grate, Whisk Mix, stir and combine, fry Fruit scones Weigh, measure Grate Sift, rub-in Mix, stir,combine Roll out Shape , glaze, bake.</p>	<p>Decorate, garnish Grill Chilli con carne (a dish that can be adapted for vegetarians/vegans) Measure, weigh Peel, cut, chop, slice, dice, trim Fry and sauté Mix, stir and combine Melt, simmer and boil Drain</p>	<p>Pizza wheels/pizza (Link to carbohydrates, function of ingredients in bread Weigh, measure Sift, rub-in Mix, stir and combine Roll out Cut, chop, slice, dice and trim Peel, spread, grate Bake Hot cross buns (practical linked to theory on function of ingredients in bread, link to Easter) Weigh, measure Melt, simmer Mix, stir and combine Knead Portion/divide Form and shape Prove Bake Glaze/coat</p>	<p>Cut, chop, slice, dice and trim Mix, stir and combine Form and shape Grill Fajitas Weigh and measure Cut, chop, slice, dice and trim, marinate Mix, stir and combine Grate Stir fry</p>	
Literacy	Key words in books In knowledge organisers	Key words in books In knowledge organisers	Key words in books In knowledge organisers	Key words in books In knowledge organisers	Key words in books In knowledge organisers	Key words in books In knowledge organisers
Knowledge organisers	Laminated knowledge organisers available. Paper copies to go into exercise books. Copies available on Teams for further reference. Differentiated knowledge organisers available.	Laminated knowledge organisers available. Paper copies to go into exercise books. Copies available on Teams for further reference. Differentiated knowledge organisers available.	Laminated knowledge organisers available. Paper copies to go into exercise books. Copies available on Teams for further reference. Differentiated knowledge organisers available.	Laminated knowledge organisers available. Paper copies to go into exercise books. Copies available on Teams for further reference. Differentiated knowledge organisers available.	Laminated knowledge organisers available. Paper copies to go into exercise books. Copies available on Teams for further reference. Differentiated knowledge organisers available.	Laminated knowledge organisers available. Paper copies to go into exercise books. Copies available on Teams for further reference. Differentiated knowledge organisers available.
Assessment	Baseline test Practical assessment: Mini carrot cakes	Written assessment	Practical assessment: macaroni cheese	Written assessment	Practical assessment: fajitas	Written assessment
GCSE AO Link (where appropriate)	N/a	n/a	n/a	n/a	n/a	n/a
Homework	Set once a fortnight	Set once a fortnight	Set once a fortnight	Set once a fortnight	Set once a fortnight	Set once a fortnight
CEIAG	Nutritionist	Farming.	Food product development	Baker	Food writer	Restaurant manager

Enrichment	GBBO style competition – possibly linked to a House competition.	Practical linked to Christmas (such as mince pies) if time allows	Practical linked to World Book Day Rotary Young Chef competition	Practical linked to Easter if time allows – such as hot cross buns	Charity/House linked baking competition	Possible practical activities as part of Activities week
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