



Food Preparation and Nutrition Long Term Plan Year 8 2019

Temperance Term

W/C	2nd September	9th September	16th September	23rd September	30th September	7th October	14th October	21st October
Topic	H&S				Eatwell Guide			
	Induction Recap Safety and hygiene in a food room Learning journey		Pathogens, food poisoning, high risk foods	Stir fry/ chowmein practical	Eating locally/ seasonality	Sussex apple cake practical	Eatwell Guide recap (dietary fibre) % of foods and analysis	Risotto practical
Challenge	N/A	Advance H&S rules	Onset times and link between high risk foods and food poisoning	Knife skills (H&S with meat)	How could eating locally help our community	Testing cake for readiness independently	Analyse recipe of choice and calculate % of dietary fibre	Independent cook (2 question rule)
Assessment		Marked online quiz (SMHW)	Self/Peer assessment on set criteria	Use of knife, safety when handling raw meat Teacher VF	Marked online quiz (SMHW)	Self/Peer assessment on set criteria		Independence and safety in kitchen Teacher VF
W/C		4th November	11th November	18th November	25th November	2nd December	9th December	
Topic	HALF TERM	Food science		Eatwell Guide				CHRISTMAS
		Yeast experiment	Quick bread roll practical Bread rolls	Eatwell Guide Recipe analysis	Starbread dough	starbread filling and cook	Christmas food quiz	
Challenge		How can results be applied in practical cookery	Explain the chemical reaction happening within the bread	Breakdown of vitamins and minerals in recipe	Enrichment within dough	Shaping and finishing	Answer advanced questions	
Assessment		Self/Peer assessment on set criteria	Application of food science in practical methods Teacher VF	Self/Peer assessment on set criteria	Teacher VF	Shaping of bread for professional finish Teacher VF	Marked online quiz (SMHW)	

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Justice Term

W/C	6 th January	13 th January	20 st January	27 th January	3rd February	10 th February	HALF TERM
Topic	Food science			Eatwell Guide Pt 2	Food science		
	Protein- eggs	Shortcrust pastry	Mini Quiches	Micronutrients	Gelatinisation (Roux sauce)	Ultimate Macaroni cheese	
Challenge	Egg A-Z and explanation	Independent application of recipe and binding of dough	Coagulation of eggs	What happens to the body when deficient of micronutrients	Explain the chemical breakdown and how this can be applied in a practical session	Presentation of Ultimate Macaroni Cheese	
Assessment	Self/Peer assessment on set criteria	Teacher VF	Successful application of coagulation Teacher VF	Online Marked quiz	Self/Peer assessment on set criteria	Successful explanation and application of gelatinisation Teacher VF	
W/C	24 th February	2 nd March	9 th March	16 th March	23 rd March	30 th March	
Topic	Eatwell Guide Pt 2		Diet				EASTER
	Calcium	Spaghetti Carbonara	Food choice- individual diets	Thai Green Curry practical	Diets for teenagers- research	Healthy Burger alternative practical	
Challenge	Analysis of calcium and deficiencies	Application of accurate timings.	Why are these diets needed? Analyse one of choice.	Adapt recipe to suit an individual diet	Apply research to choice of recipe for next lesson	Apply research from previous lesson to dish	
Assessment	Self/Peer assessment on set criteria	Method followed with adaption to personal needs Teacher VF	Teacher VF	Self/Peer assessment on set criteria	Fact file on individual diet Teacher VF	Self/Peer assessment on set criteria	



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Courage Term

W/C	20 th April	27 th April	4 th May	11 th May	18 th May	HALF TERM
Topic	Diet				Assessment	
	25. local and regional food Sensory analysis .	26. healthier option for a cinema snack	27. Cultural research – tapas	28- Develop a healthier dish- tapas (meatballs/veggiballs)	29. Masterchef Assessment and feedback	
Challenge	State nutritional and health benefits foods	Adapt recipe to certain dietary requirements	Explain the differences in dishes based on cultural research	Full sensory analysis plus comparison to others	Apply previous lessons research and apply to practical dish	
Assessment	Self/Peer assessment on set criteria	Ability to use own recipe and apply H&S Teacher VF	Teacher VF	Self/Peer assessment on set criteria	Analyse and development Teacher VF	
W/C	1 st June	8 th June	15 th June	22 nd June	29 th June	6 th July
Topic	Assessment		Development for Yr 9			
	Garnishing skills	Evaluation and feedback	Mini NEA Adapting and designing own recipe	Enrichment Week	Mini NEA Adapting and designing own recipe, practical	Targets for year 9
Challenge	Presentation of food	Explain improvements needed and how they would approach these	Create a nutrition label	N/A	Beat the clock	Aim for 3 challenge level tasks
Assessment	KS3 Internal Exams		Self/Peer assessment on set criteria		Teacher VF	Self/Peer assessment on set criteria