

Food Preparation and Nutrition Long Term Plan Year 8

Temperance Term

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	HALF TERM
Topic	Health and Safety		Health and Safety			Eatwell Guide		
Core	Induction Recap- Understanding the rules to be able to use the kitchens safely. <ul style="list-style-type: none"> Safety and hygiene in a food room Classroom rules and why these are in place Learning journey 		Understanding Pathogens, food poisoning, high risk foods and additives within cooking <ul style="list-style-type: none"> What is a pathogen/ food poisoning What are the symptoms How can we prevent/ reduce risk Breakdown of 6 most common food poisonings Growth time and conditions Stir fry/ chow mein practical applying skills learnt Raising agents (food science) – how to make sure raising agents are controlled and what happens when they are not. Fluffy pancakes practical 			What is Eating seasonality and why should we reduce waste <ul style="list-style-type: none"> What are seasonal foods What are seasonal fruits Advantages/ disadvantages of eating seasonal Food miles intro Why is eating fruit good for you Sussex apple cake practical 		
Challenge	Challenge task set in LJ Advance H&S rules HW- Health and safety rules leaflet		Onset times and link between high risk foods and food poisoning Knife skills (H&S with meat) HW- Research profiles into food poisonings			How could eating locally help our community Testing cake for readiness independently HW- Seasonal foods in cooking Reduce, Reuse, Recycle		
Assessment	TVF		Use of knife, safety when handling raw meat TVF			TVF & Peer Feedback		

W/C	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	CHRISTMAS
Topic	Eatwell Guide	Food science		Food science			
Core	What is Eating seasonality and why should we reduce waste- cont <ul style="list-style-type: none"> What is food waste Reduce/Reuse/ Recycle Booksmart Practical application of leftovers management- Risotto practical 	What is yeast and the science behind how it works in food <ul style="list-style-type: none"> What is Yeast/ science How does it change the structures of bread What are the best conditions for the yeast to grow Practical Yeast experiment Practical - Quick bread roll using scientific findings from yeast experiment 		Food science recap <ul style="list-style-type: none"> Gluten experiment theory/ practical and analysis Practical application of food science analysis- Christmas dough practical Booksmart 			
Challenge	Independent cook (2 question rule) HW- Evaluation of practical work	How can results be applied in practical cookery Explain the chemical reaction happening within the bread HW- Food science (yeast) research		Breakdown of vitamins and minerals in recipe Enrichment within dough Shaping and finishing HW- Dough Design task			
Assessment	Independence and safety in kitchen Teacher VF	Application of food science in practical methods Teacher VF		Shaping of bread for professional finish Teacher VF			

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Justice Term

W/C	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	HALF TERM
Topic	Food science				Eatwell Guide Pt 2		
Core	<ul style="list-style-type: none"> Minimum expectations Minimum expectations practical- basic cookies What is protein and alternative sources - eggs <ul style="list-style-type: none"> Shortcrust pastry skills Mini Quiches practical Gelatinisation (Roux sauce) Ultimate Macaroni cheese 				<ul style="list-style-type: none"> What are micronutrients and their functions Vitaminion breakdown 		
Challenge	Egg A-Z and explanation Independent application of recipe and binding of dough Coagulation of eggs HW- The egg story Explain the chemical breakdown and how this can be applied in a practical session Presentation of Ultimate Macaroni Cheese HW- Roux instructions and scientific breakdown				What happens to the body when deficient of micronutrients HW- Micronutrient minions completion		
Assessment	Teacher VF Successful application of coagulation/ gelatinisation Teacher VF				Online Marked quiz		

W/C	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	EASTER
Topic	Eatwell Guide Pt 2		Assessment and Diet				
Core	<ul style="list-style-type: none"> Micronutrient recap Minerminion breakdown Spaghetti Carbonara practical 		<ul style="list-style-type: none"> Special diets- research and application Burger practical Vegetarian Burger/ burger alternative practical Booksmart 				
Challenge	Analysis of calcium and deficiencies Application of accurate timings. HW- Calcium fact file		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 HW- Choice of special diet and research profile				
Assessment	Method followed with adaption to personal needs Teacher VF		Self/Peer assessment on set criteria Fact file on individual diet Teacher VF				

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Courage Term

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Topic	Diet				Assessment		
Core	<ul style="list-style-type: none"> Religious diets Religious diets research Develop practical dish to meet religious dietary needs Meatballs/ veggiballs practical 				<ul style="list-style-type: none"> Garnishing skills- basic/medium skills levels MasterChef Assessment research/ design 		
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 HW- Restaurant project				Apply previous lessons research and apply to practical dish research Independent garnishing/ complex skill set HW- Recipe garnishing adaption		
Assessment	Ability to use own recipe and apply H&S Teacher VF Self/Peer assessment on set criteria				Analyse and development Teacher VF		

W/C	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	SUMMER
Topic	Assessment		Development for Yr 9				
Core	<ul style="list-style-type: none"> Masterchef Assessment and feedback Application garnishing skills Evaluation and feedback 		<ul style="list-style-type: none"> Pastry practical development demo Jam tart practical Enrichment Week Adapting and designing own recipe from previous practical Targets for year 9 				
Challenge	Presentation of food Explain improvements needed and how they would approach these HW- Extended evaluation task		Create a nutrition label Beat the clock Aim for 3 challenge level tasks HW- Recipe book for year 9				
Assessment	Teacher assessment Keyword Spelling Student assessment Keyword Quiz		Self/Peer assessment on set criteria Teacher VF				