

Food Preparation and Nutrition Long Term Plan Year 8 2021-22

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 <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 		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 What is food waste Reduce/Reuse/ Recycle 				
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		Eatwell Guide			
Core	What is Eating seasonality and why should we reduce waste- cont' <ul style="list-style-type: none"> 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 		Eatwell Guide recap and recipe analysis <ul style="list-style-type: none"> Recap of Eatwell Guide, how it is used and how it can affect the body Use of Eatwell guide on a recipe What is recipe analysis and why is it used Practical application of recipe analysis- Christmas dough practical 			
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	Food science	Food science	Eatwell Guide Pt 2	Food science	Food science	
Core	13. Protein- eggs	14. Shortcrust pastry	15. Mini Quiches	16. Micronutrients	17. Gelatinisation (Roux sauce)	18. 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		Teacher VF	Successful application of coagulation Teacher VF	Online Marked quiz		Successful explanation and application of gelatinisation Teacher VF	

W/C	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	EASTER
Topic	Eatwell Guide Pt 2	Eatwell Guide Pt 2	Diet	Diet	Diet	Diet	
Core	19. Calcium	20. Spaghetti Carbonara	21. Food choice- individual diets	22. Curry practical	23. Diets for teenagers- research	24. 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		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	Diet	Diet	Diet	Assessment	Assessment	
Core	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	30. Garnishing skills	
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	Independent garnishing/ complex skill set	
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	Assessment	Development for Yr 9	Development for Yr 9	Development for Yr 9	Development for Yr 9	
Core	30. Garnishing skills	31. 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	Teacher assessment Keyword Spelling	Student assessment Keyword Quiz	Self/Peer assessment on set criteria		Teacher VF	Self/Peer assessment on set criteria	