



# Design and Technology

## Cooking and Nutrition Long Term Plan Year 8

<b>W/C</b>	7 <sup>th</sup> September	11 <sup>th</sup> September	18 <sup>th</sup> September	25 <sup>th</sup> September	2 <sup>nd</sup> October	9 <sup>th</sup> October	16 <sup>th</sup> October	<b>HALF TERM</b>	2 <sup>nd</sup> November	6 <sup>th</sup> November	13 <sup>th</sup> November	
	1. Induction Recap Safety and hygiene in a food room Learning journey	Induction Recap Safety and hygiene in a food room Learning journey	2. Pathogens, food poisoning, high risk foods	3. Stir fry/ chowmein	4. Eating locally/ seasonality	5. Sussex apple cake	6. Eatwell Guide recap (dietary fibre) % of foods and analysis			7. Risotto practical	8. Yeast experiment	9. Quick bread roll practical Bread rolls
<b>W/C</b>	20 <sup>st</sup> November	27 <sup>th</sup> November	4 <sup>th</sup> December	11 <sup>th</sup> December	<b>CHRISTMAS</b>	5 <sup>th</sup> January	8 <sup>th</sup> January	15 <sup>th</sup> January	22 <sup>nd</sup> January	29 <sup>th</sup> January	5 <sup>th</sup> February	<b>HALF TERM</b>
	<b>Pizza wheels</b>	Eatwell plate Hydration and fibre	11. Starbread dough	12. starbread filling and cook2			13. Protein- eggs	14. Mini quiches <b>Coagulation</b>	<b>15. Micronutrients</b>	16. Energy Nutritional analysis	17. Gelatinisation <b>Roux sauce</b>	
<b>W/C</b>	20 <sup>th</sup> February	26 <sup>th</sup> February	5 <sup>th</sup> March	12 <sup>th</sup> March	19 <sup>th</sup> March	26 <sup>th</sup> March	<b>EASTER</b>	18 <sup>th</sup> April	23 <sup>rd</sup> April	30 <sup>th</sup> April	7 <sup>th</sup> May	
	<b>19. Calcium</b>	20. Spaghetti Carbonara	21. Food choice- individual diets	22. Thai Green Curry practical	23. Diets for teenagers- research	24. Healthy Burger alternative practical			25. local and regional food Sensory analysis	26. healthier option for a cinema snack	27. Cultural reseach – tapas	28- Develop a healthier dish- tapas (meatballs/ veggiballs)
<b>W/C</b>	14 <sup>th</sup> May	21 <sup>st</sup> May	<b>HALF TERM</b>	5 <sup>th</sup> June	11 <sup>th</sup> June	18 <sup>th</sup> June	25 <sup>th</sup> June	2 <sup>nd</sup> July	9 <sup>th</sup> July			
	<b>EXAMS</b>	Assessment and feedback			Mini NEA Adapting and designing own recipe	Mini NEA Adapting and designing own recipe	Mini NEA Adapting and designing own recipe	Mini NEA Adapting and designing own recipe	Evaluation and feedback			<i>Target setting for year 9</i>