



Food Preparation and Nutrition Long Term Plan Year 8 2020/21

Temperance Term

W/C	7 September	14 September	21 September	28 September	5 October	12 October	19 October	Half term
Topic	H&S	H&S	H&S	H&S	Eatwell Guide	Eatwell Guide	Eatwell Guide	
Min 1 Task & Learning Journey & Plenary	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 practical	4. Eating locally/ seasonality	5. Sussex apple cake practical	6. Eatwell Guide recap (dietary fibre) % of foods and analysis	
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	
Assessment & Homework		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	Self/Peer assessment on set criteria	
W/C	2 November	9 November	16 November	23 November	30 November	7 December	CHRISTMAS	
Topic	Eatwell Guide	Food science	Food science	Eatwell Guide	Eatwell Guide	Eatwell Guide		
Min 1 Task & Learning Journey	7. Risotto practical	8. Yeast experiment	9. Quick bread roll practical Bread rolls	Eatwell Guide Recipe analysis	11. Starbread dough	12. starbread filling and cook		
Challenge	Independent cook (2 question rule)	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		
Assessment & Homework	Independence and safety in kitchen Teacher VF	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		



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Justice Term

W/C	4 January	11 January	18 January	25 January	1 February	8 February	HALF TERM
Topic	Food science	Food science	Food science	Eatwell Guide Pt 2	Food science	Food science	
Min 1 Task & Learning Journey	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 & Homework	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	22 February	1 March	8 March	15 March	22 March	29 March	
Topic	Eatwell Guide Pt 2	Eatwell Guide Pt 2	Diet	Diet	Diet	Diet	EASTER
Min 1 Task & Learning Journey	19. Calcium	20. Spaghetti Carbonara	21. Food choice- individual diets	22. Thai Green 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 & Homework	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	19 April	26 April	3 May	10 May	17 May	24 May	Half Term
Topic	Diet	Diet	Diet	Diet	Assessment	Assessment	
Min 1 Task & Learning Journey	25. local and regional food Sensory analysis .	26. <i>healthier option for a cinema snack</i>	27. Cultural research – tapas	28- Develop a healthier dish- tapas (meatballs/ veggiballs)	29. <i>Masterchef Assessment and feedback</i>	30. <i>Garnishing skills</i>	
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	Presentation of food	
Assessment & Homework	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	Assessment	
W/C	7 June	14 June	21 June	28 June	5 July	12 July	Summer Holidays
Topic	Assessment	Assessment	Development for Yr 9	Development for Yr 9	Development for Yr 9	Development for Yr 9	
Min 1 Task & Learning Journey	30. <i>Garnishing skills</i>	31. <i>Evaluation and feedback</i>	Mini NEA Adapting and designing own recipe	<i>Enrichment Week</i>	Mini NEA Adapting and designing own recipe, practical	<i>Targets for year 9</i>	
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 & Homework	Teacher assessment Keyword Spelling	Student assessment Keyword Quiz	Self/Peer assessment on set criteria		Teacher VF	Self/Peer assessment on set criteria	