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| **Subject: Food and Nutrition** | | | | | | |
| **Year:8** | | | | | | |
| Half -Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Themes/  Content/  A can of a product  Description automatically generated with medium confidenceUnits covered | Learning about seasonal foods in our country and then cooking one  Understanding the term ‘enzymic browning’ and the food science behind it  Learning about sugar, why we need it, food sources effect on the brain. Discussions around emotional eating triggers. | Working together as a team to produce a successful practical    Learning new techniques – melting method, how a bain marie works    Learning about food poisoning bacteria and its origins and how to prevent it from occurring | Learning about the different methods of cooking and how heat transfer works  Learning about special diets; who they apply to, why, how do caterers meet customer needs and how can they be improved  Working together to make a reduced tomato sauce, preparing vegetables, simmering and boiling. | Independent weighing and measuring, understanding cross-curricular application of maths  Independently learning to make cheese straws incorporating accurate cutting and portion control  Developing a knowledge organiser independently through homework  Applying memory and recall to an assessment independently | Learning about saturated and unsaturated fat and our health choices  Completing a practical using the all-in-one method, applying new cooking techniques    Developing a knowledge of food science, learning about dextrinisation | Learning about what alternative proteins are and their benefit to the diet  Cooking using alternative proteins both as part of a team and to create an independent final product |