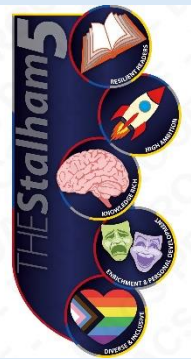








































Subject: Food and Nutrition

Year:8

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