

Year 8 FOOD TECHNOLOGY

Overall Intent:

Within Food Technology a high priority is to ensure that all pupils develop the skills and knowledge of food and food preparation that can be used throughout their life. The Year 8 food project 'Cooking For Life' encompasses topics such as nutrition and food safety alongside preparing high quality, economical family food. Throughout the projects, students put theory lessons into practise and will demonstrate food handling and preparation skills with every practical lesson. All lessons have a focus on safe food storage and control over bacteria as well as safe handling and use of specialised equipment. Students will learn about the provenance and origins of their ingredients and the importance of family meals. They look at how society has changed regarding family food practices and the potential impact this could have on the family unit but also the health of the individual. The sustainability of food as a global issue forms a key part of the course with seasonal produce, food miles and fair trade being key themes.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Area of study	FAMILY MAIN MEALS USE AND CONTROL OF THE HOB (SIMMERING & BOILING) CARBOHYDRATES AND GRAINS ROUX SAUCE FATS BINDING & SHAPING MEAT AND CREATING A TOMATO SAUCE PROTEIN	SEQUENCING AND ADAPTATION OF RECIPES HIGH RISK FOODS AND STORAGE KNIFE SKILLS SEASONAL PRODUCE FILLING AND ASSEMBLY OF A PRODUCT	FOOD MILES BINDING AND RUBBING IN BUDGETING AND COSTING ROLLING, PRESENTATION AND DECORATION FAIR TRADE HANDLING OF HIGH-RISK PRODUCT AND ASSEMBLY	The academic year is split in half and students rotate to textiles technology.		

<p>Key learning aims – knowledge and skills</p>	<p>Key Knowledge: Family main meals – society and change. Carbohydrates and grains – functions in the body, food sources and the process of milling. Fats – function in the body, food sources, types and classification. Protein – function in the body, food sources, types and links to bacteria.</p> <p>Key Skills: Use and control of the hob. How to make a roux sauce. How to bind and shape meat. How to create a tomato sauce. Safe and accurate knife skills. Safe handling of a high-risk product.</p>	<p>Key Knowledge: High-risk foods and storage – bacteria, storage and its impact. Seasonal produce – examples of seasonal foods, benefits and disadvantages.</p> <p>Key Skills: How to sequence and adapt a recipe. Safe and accurate use of knife and being able to make own judgements on readiness. Filling and assembly of a product.</p>	<p>Key Knowledge: Food miles - provenance of foods, importation and how food miles can be reduced. Budgeting and costing – what is a budget, its importance and ways of sticking to a budget. Fair Trade – linked to the production of chocolate, child labour and the Fairtrade scheme.</p> <p>Key Skills: Binding and rubbing-in. Rolling, presentation and decoration of pastry. Handling of a high-risk product.</p>	<p>The academic year is split in half and students rotate to textiles technology</p>
<p>Assessment</p>		<p>(Practical focus): Pork Stir Fry practical (incorporates understanding of health and safety practices including correct use of equipment, independence and sequencing.)</p>	<p>(Theory focus): Fruit pie product analysis (Incorporates understanding of students’ prior lessons about nutrition, seasonal and food miles.)</p>	<p>The academic year is split in half and students rotate to textiles technology.</p>