



## Year 8 Food Preparation & Nutrition Curriculum Map

<b>Overview</b>	12 week carousel, 9 x Practical Lessons implementing theoretical knowledge in a practical setting and developing cooking skills. <b>12 Homeworks</b> reinforcing both theory and practical knowledge with extension work to develop adaptive learning. Theory lessons are based within a kitchen environment. Work is based around the <b>Nutritional value of Food, Food Alteration</b> and <b>Cooking Methods</b> . All practical work is self evaluated to provide pupils continued focusses and targets related to their practical progress. All rotations conclude with a Mini NEA project based around adaptive GCSE criteria.	
<b>Year 8</b>	First Half of Term	Second Half of Term
<b>Topic</b>	Nutritional value of Food/Food Alterations/Cooking Methods	Practical Lessons
<b>Knowledge</b>	<b>Mastering</b> Macronutrients Food Commodities - Potatoes and Vegetable Denaturation and Coagulation Food waste and Labelling Traffic Light Labelling Allergens Chemical Raising Agents Methods of Heat Transfer Food commodities - cereals,oats and rice Mini NEA (based on GCSE criteria)	<b>Moving Forward</b> Pasta Salad Frittata Fish Fingers Samosas Cheesecake Ginger Biscuits Pasta Bake Savoury Rice  (NEA - Recipe choice)
<b>Skills</b>	<b>Classroom based skills:</b> Identifying denaturation and coagulation in food and why it happens.  Adaptive and developed cooking techniques to use a variety of ingredients and identify changes to ingredients and how this affects the foods sensory characteristics.  Time planning and dovetailing tasks due to the complexity of the recipe  The use of raising agents within cooking and the scientist reaction that occur and applying them in practical lessons.	<b>Homework based skills:</b> Organisation/Preparation for practical lessons Investigating nutritional values of foods Researching alternative ingredients and modifying recipes Planning Timelines Costings Ability to identify cooking techniques and the scientific changes in food. Creative thinking through dish designs.