


<p><b>Year: 8</b> <b>Subject: Design and Technology – Food</b></p>	<p><b>Curriculum Intent:</b> Food is vital for life and an enjoyable aspect of our daily life. In our busy lives, it is easy to choose food which has been ready prepared, but it is often energy dense and lacks nutrition. It is more nutritious and generally cheaper to cook simple, homemade food from scratch. Students will further develop their year 7 knowledge and understanding of healthy eating, nutrition food preparation, hygiene, cooking techniques, and sensory characteristics. They will learn a range of food preparation skills to enable them to produce nutritious healthy dishes in a safe and hygienic manner. They will develop the skill to be able to follow a recipe independently and know how to adapt recipes to suit the ingredients they have available and family likes and dislikes.</p>		
<p><b>Topic Titles (in order of delivery)</b></p>	<p style="text-align: center;"><b>Topics</b></p> <ol style="list-style-type: none"> <li>1. Food hygiene and safety -the 4 c’s in food preparation. How to handle food safely and prevent cross contamination.</li> <li>2. Food safety – correct storage of food – key temperatures for cooking and storage of food.</li> <li>3. Healthy Eating- the healthy eating guidelines, how to adapt recipes and make healthy food choice /switches.</li> <li>4. Nutrients – macro and micronutrients. - sources in the diet/ function in the body.</li> <li>5. Recipe adaptation – how to adapt recipes to make healthy – by switching the ingredients and adapting the method of making.</li> <li>6. Ethical issues linked to food production and choice. – Free range/ fair trade / farm assured/ seasonality/food miles.</li> <li>7. Vegetarianism – why people choose to be vegetarian, types of vegetarians, foods they can / cannot eat.</li> </ol>	<p style="text-align: center;"><b>Practical</b></p> <p>Practical learning / skills</p> <ol style="list-style-type: none"> <li>1. <b>Bolognese / chilli</b> – knife skills / safety / use of the hob (revision)</li> <li>2. <b>Whisked fatless sponge</b> – Swiss roll- function of ingredients.</li> <li>3. <b>Chicken goujons</b> – safe prep of chicken, coating, and enrobing</li> <li>4. <b>Lemon cheesecake</b> - layering</li> <li>5. <b>Mini carrot cakes</b></li> <li>6. <b>Vegetable tart</b>- rolling out pastry</li> <li>7. <b>Burgers / falafel burgers</b> – knife skills / shaping / food safety</li> <li>8. <b>Fish cakes or veggie patties</b> – knife skills/ shaping/ coating / enrobing.</li> <li>9. <b>Macaroni cheese</b> – sauce making – roux or all in one.</li> <li>10. <b>Chicken and vegetable pasta bake</b> – chicken and veg prep skills.</li> <li>11. <b>Bacon, pea, and basil macaroni</b>- veg prep skills / hob control.</li> <li>12. <b>Chicken and chorizo jambalaya</b> – cooking rice / hob control</li> </ol>	
<p><b>Key knowledge / Retrieval topics</b></p>	<ul style="list-style-type: none"> <li>• Healthy eating – key guidelines and the food groups.</li> <li>• Recipe adaptation.</li> <li>• Food safety and hygiene- safe cooking and storage of food and the prevention of cross contamination. Key temperatures for cooking and storage.</li> <li>• Nutrients – sources and function.</li> <li>• Ethical issues and their influence on food choice.</li> <li>• Vegetarianism.</li> </ul>		

<b>Assessment</b>		<b>Knowledge and understanding</b>	<b>Design solutions and food choice</b>	<b>Plan and prepare</b>	<b>Practical skills</b>	<b>Analyse and evaluate</b>
	<b>3</b>	Demonstrate relevant knowledge and understanding of principles and processes/ properties.	Produce straightforward solutions that meet the requirements of the problem in familiar and unfamiliar contexts.	Use simple scientific knowledge and mathematical skills to prepare products and select some appropriate materials and equipment.	Safely apply a range of skills, processes and techniques in the production of familiar products/ prototypes/ dishes.	Make straightforward comments about their work and the work of others using some appropriate language and some technical terms.
	<b>2</b>	Demonstrate some relevant knowledge and understanding of principles and processes properties.	Produce basic solutions that meet some requirements of the problem in a familiar context using appropriate means to explain their ideas.	Use some simple scientific knowledge to plan and prepare a simple product including the use of basic mathematical skills.	Safely apply limited skills, processes and techniques in the production of familiar products/ prototypes/ dishes.	Make straightforward and obvious comments about their work and the work of others using everyday language and some technical terms.
	<b>1</b>	Demonstrate limited knowledge and understanding of principles and processes/ properties.	Product limited solutions that meet some requirements of the problem in a familiar context using limited means to explain their ideas.	Use limited scientific knowledge to follow a plan effectively and use basic mathematical skill.	With support, safely apply limited skills, processes and techniques in the production of familiar product/ prototypes/ dishes.	Limited and straightforward comments about their work and the work of others.