



Food and Nutrition Department

Long-term sequencing Year 8

Intent: The curriculum at this stage has been developed to enable pupils to acquire a range of food skills, increasing in complexity and accuracy, to cook a range of dishes, safely and hygienically, and to apply their knowledge of nutrition and food provenance, whereby pupils have the opportunity to build on their learning in year 7 food preparation and nutrition; knowledge and skills include: Preparing for practical work; Personal safety; Washing up; Using an oven safely; Knife skills; demonstrating fruit and vegetable preparation skills; why we need food; the Eatwell Guide; Food provenance – where does our food come from and how is it grown?; Food provenance – food miles and transportation. As part of their work with food, students will be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking that will open the door to one of the great expressions of human creativity. Learning how to cook being a crucial life skill that enables students to feed themselves and others affordably and well, now and in later life. Students will prepare and cook a variety of dishes incorporating theoretical understanding and knowledge: Savoury rice, vegetable Frittatas, Vegetable Curry, Bread Snacks, Pizza Breads, Pasta salad

HALF TERM 1 and 2:

STUDENTS MUST KNOW:

- Rules on kitchen safety
- Routines and procedures for practical lessons
- Preparing for practical work
- Personal safety
- Washing up
- 4C's- Cleaning, cooking, chilling and cross contamination
- Macronutrients – sources and functions only
- Food commodities – potatoes and vegetables
- Fruit and vegetable preparation skills
- Denaturation and coagulation of protein
- Using the cooker

HOW THIS WILL BE ASSESSED:

- Peer/self-assessment opportunities and verbal feedback
- Teacher Q&A
- Retrieval
- Low stake quizzing
- Informal assessment of the application of knowledge and skills in a practical setting
- Written assessment on core knowledge and skills during LRW 1

HALF TERM 3 and 4:

STUDENTS MUST KNOW:

- Food waste- using leftovers, 6 R's
- Food labelling - Examine a traffic light label and analyse how the information helps the consumer make an informed choice
- Food allergens
- Looking at the use of raising agents
- Using the cooker
- Using small electrical equipment

HOW THIS WILL BE ASSESSED:

- Peer/self-assessment opportunities and verbal feedback
- Teacher Q&A
- Retrieval
- Low stake quizzing
- Informal assessment of the application of knowledge and skills in a practical setting
- Written assessments on core knowledge and skills during LRW 2

HALF TERM 5 and 6:

STUDENTS MUST KNOW:

- Methods of heat transfer and sauce making
- Using the cooker
- Using small electrical equipment
- Food commodities – cereals: oats and rice
- Time plan
- Creating recipes
- Planning for practical assessment

HOW THIS WILL BE ASSESSED:

- Peer/self-assessment opportunities and verbal feedback
- Teacher Q&A
- Retrieval
- Low stake quizzing
- Informal assessment of the application of knowledge and skills in a practical setting
- Practical assessment on core knowledge and skills during LRW 3

Home learning set will consist of a combination of: Reading comprehension tasks, recipes prior to practical lessons so that pupils can familiarise the recipe and have the opportunity to practice the recipe at home, sensory evaluation/evaluation/self-assessment.

Stuart Bathurst Catholic High School