



Year 8 Food Course outline

Students have 2 lesson per cycle/fortnight Homework is set every cycle			
Term	Topic and approximate duration	Key learning areas	Homework Options Students will be guided by the class teacher as to which level to complete (according to target level)
Autumn/Spring/Summer Term (on rotation)	Learning and application of the use of food commodities (eggs, milk, wide range of equipment in a food room (6 weeks)	Students should be able to: be confident and apply the importance of health and safety in a food handling environment. To understand the importance of the different food commodities, the nutritional aspect, their uses in cooking, to improve technical skills when making and what to look for when purchasing them. To understand the role of eggs, vegetables and milk in our diet and to make a Victoria Sandwich, vegetable soup and macaroni cheese. To also understand how to develop a basic recipe to make cookies. They will build on previous knowledge and experience to develop a love of cooking whilst also developing crucial life skills. Students will learn how to cook and feed themselves affordably, with consideration of balanced nutrition and healthy eating.	Task 1. Research on vegetables. Task 2. Evaluate the practical on Victoria sandwich making suggestions for making it healthier and increase the skill level. Task 3. Prepare for Landmark Assessment.
	Nature of landmark a assessment	Topic Test knowledge and design skills.	
	Adapting recipes and food contamination. (6 weeks)	Students should be able to: understand the importance of being able to adapt a recipe to meet individual's dietary needs through health or personal reasons. To be able to apply this knowledge when researching and making food products. To understand food allergies and what ingredients should be substituted when modifying a recipe. To understand the main causes of food poisoning and how to prevent it. Practical lessons will focus on adapting recipes and food hygiene to make adapted muffins and kebabs.	Task 1. Technology assessed homework (a. Key terms, b. health and safety, c. manufacturing techniques). Task 2. Research on food allergies Task 3. Prepare for Landmark Assessment (prepare an adapted muffin, mind maps assessed in class).
	Nature of landmark assessment	Outcome and Topic Test on Practical skills	