

(A)UTHENTIC

(S)ACRED

(P)ASSIONATE

(I)NSPIRATIONAL

(R)ESILIENT

(E)MPATHETIC

Y8 Food and Nutrition					
Term 1.1	Term 1.2	Review of learning	Term 2.1	Term 2.2	Review of learning
Modules: Yeast, Breads	Modules: Fibre	DIRT & summative	Modules: Meat & fish	Modules: Experimenting, analytical skills	DIRT & summative
<p><u>Unit Intent:</u></p> <p>As Year 8 pupil, there is more of a focus on independence in the kitchen. Pupils will look closely at the function of ingredients and how flour and yeast can be used in a range of ways</p> <p>1) Nutrition (T) 2) Scones (P) 3) Function of ingredients (T) 4) Bread rolls (P) 5) Yeast experiment (T) 6) Toad in the hole (P)</p> <p>T=Theory lesson P= Practical lesson</p>	<p><u>Unit Intent:</u></p> <p>Pupils will have another opportunity to complete a food science experiment during this term, experimenting with gelatinisation. Other lessons will look at fibres and pupils will produce dishes that are high in fibre.</p> <p>1) Dietary fibre and hydration(T) 2) Mini carrot cakes (P) 3) Gelatinisation experiment (T) 4) Macaroni cheese (P) 5) Rice, pasta and couscous (T) 6) Polish apple pancakes (P)</p> <p>T=Theory lesson P= Practical lesson</p>	<p>Food Preparation and Nutrition will alternate lessons of theory and practical, to build both knowledge and skills.</p> <p><u>Assessment</u></p> <p>1) Practical assessment - bread rolls 2) Gelatinisation experiment</p> <p><u>CST</u></p> <p><u>Catholic Social Teaching:</u> Common Good, Dignity in Work and Participation, Stewardship , Solidarity, Option for the Poor and Human Dignity</p> <p><u>Careers</u></p> <p>Health Coach / Educator Public Health Nurse Gelatine Operator Science / Food Teacher</p> <p>Reading 3-2-1</p>	<p><u>Unit Intent:</u></p> <p>In their final term of Year 8, pupils will focus solely on meat and fish. This will include how to safely, store, prep and cook a range of meats and fishes. Practical learning centres around meat and fish in common dishes.</p> <p>1) Meat (T) 2) Bolognaise (P) 3) Fish & sustainability (T) 4) Fish cakes (P) 5) Food labelling (T) 6) Fajitas (P)</p> <p>T=Theory lesson P= Practical lesson</p>	<p><u>Unit Intent:</u></p> <p>During the last half term, Year 8 will complete an experiment with egg and create foams in small groups, then analyse their results. Pupils will learn how to analyse and reflect on experiments and dishes in preparation for Y9.</p> <p>1) Foams (T) 2) Swiss rolls (P) 3) Nutritional analysis (T) 4) Pizza (P) 5) Planning a healthy menu (T) 6) Breakfast frittata (P)</p> <p>T=Theory lesson P= Practical lesson</p>	<p>Food Preparation and Nutrition will alternate lessons of theory and practical, to build both knowledge and skills.</p> <p><u>Assessment</u></p> <p>1) Food labelling 2) Practical assessment – Swiss rolls</p> <p><u>CST</u></p> <p><u>Catholic Social Teaching:</u> Common Good, Dignity in Work and Participation, Stewardship , Solidarity, Option for the Poor and Human Dignity</p> <p><u>Careers</u></p> <p>Fisherperson Fishmonger Butcher Food Scientist Labelling Specialist</p> <p>Reading 3-2-1</p>