

(A)UTHENTIC

(S)ACRED

(P)ASSIONATE

(I)NSPIRATIONAL

(R)ESILIENT

(E)MPATHETIC

Y8 Food Prep					
Term 1.1 Modules: Yeast, breads	Term 1.2 Modules: Fibre	Review of learning DIRT & summative 1) Practical assessment - bread rolls 2) Gelatinisation experiment	Term 2.1 Modules: Meat & fish	Term 2.2 Modules: Experimenting, analytical skills	Review of learning DIRT & summative 1) Food labelling 2) Practical assessment – Swiss rolls
Unit intent: 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 1) Nutrition 2) (T) 3) Scones (P) 4) Function of ingredients(T) 5) Bread rolls (P) 6) Yeast experiment (T) 7) Toad in the hole (P)	Unit intent: 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. 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) Bacon and pea risotto (P)	CST Catholic Social Teaching: Common Good, Rights and responsibilities, participation, stewardship of creation, subsidiarity, Human dignity Careers Health Coach / Educator Public Health Nurse Gelatine Operator Science / Food Teacher Reading 3-2-1	Unit intent: 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. 1) Meat (T) 2) Bolognaise (P) 3) Fish & sustainability (T) 4) Fish cakes (P) 5) Food labelling (T) 6) Fajitas (P)	Unit intent: 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. 1) Foams (T) 2) Swiss rolls (P) 3) Nutritional analysis (T) 4) Pizza (P) 5) Planning a healthy menu (T) 6) Breakfast frittata (P)	CST Catholic Social Teaching: Common Good, Rights and responsibilities, participation, stewardship of creation, subsidiarity, Human dignity Careers Fisherperson Fishmonger Butcher Food Scientist Labelling Specialist Reading 3-2-1