

Art and Design Department – Food Preparation and Nutrition

Year 2022

Topic: Year 8 Nutrition and Diet Continued

Learning Journey - Term 1

Prior learning:
Basic knowledge of Nutrition and Diet.

Learning sequence – Nutrition and Diet							Endpoint
Main learning steps	Kitchen familiarization Re-cap Food Hygiene Research skills – Personal, equipment, Food and chemical hygiene	General focus on macro and micronutrients (functions and sources, deficiencies etc.)	Health and safety Handling and cooking raw meat Kneading, shaping, glazing and baking	Use of a cooker- Hob, grill and oven Seasonality and food miles Protein foods (meat and non-meat)	Introduce concept of composite foods (made up from more than one food group from the Eatwell Guide)	Sensory evaluation and food presentation skills	Cook: Vegetable soup (potato based) Bread rolls Food science investigation – Find out the gluten content of different types of flour. Making ragu sauce using different protein sources And work booklet
Assessment	Research Homework	Peer and teacher feedback	Whole class feedback	Verbal feedback	Verbal feedback	Teacher feedback	Teacher summative assessment

Where will we use these ideas again: When selecting ingredients, preparing and cooking food using different techniques.

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Learning Term 2

Prior learning:
Knowledge of Nutrition – Nutrition and Diet

Learning sequence – Nutrition and Diet							Endpoint
Main learning steps	Developing independence Research, plan create a recipe for own choice ragu sauce	Knife and vegetable preparation skills Weighing and measuring Observational skills	Control of the hob Handling and cooking raw meat if used	Concept of balanced meal and a balanced diet Discussion on healthier cooking methods	Cooking pasta (to al dente), draining carefully and safely through a colander Seasoning and final presentation of dish	Sensory evaluation and food presentation Principles: of fair testing of coagulation (setting) in protein foods Setting a hypothesis	Cook: Pasta and ragu sauce, Beef or bean burger and Stir fry Food science investigation – Coagulation of eggs protein when making egg custard And work booklet
Assessment	Research Homework	Peer and teacher feedback	Whole class feedback	Verbal feedback	Verbal feedback	Teacher feedback	Teacher summative assessment

Where will we use these ideas again: When selecting ingredients, preparing and cooking food using different techniques.

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Learning Term 3

Prior learning:
Knowledge of Nutrition – The 6 Main Nutrients required for the body

Learning sequence – Nutrition and Diet							Endpoint
Main learning steps	Food labelling Research Key information and why labelling	More Knife and vegetable preparation skills - Separating Florets Sauce making Health issues linked to diet	Control of hob Safe handling of knife Knowledge and good practice of using colour coded chopping board to prevent cross-contamination	Use of grill and oven Discussion on Chinese cuisine,	Focus on meeting the brief and success of the practical task Developing food preparation, cooking and presentation skills	Sensory evaluation And food presentation	Cook: Mini quiches Plan and cook own choice dish. A) A savoury dish which will contain good sources of calcium and vitamin D OR B) Dish which contain 2 sources of vegetable protein for teenagers' And work booklet
Assessment	Research Homework	Peer and teacher feedback	Whole class feedback	Verbal feedback	Verbal feedback	Teacher feedback	Teacher summative assessment

Where will we use these ideas again: When selecting ingredients, preparing, and cooking food using different techniques.