KS3: Year 8 Cooking & Nutrition

Year 8
approx. 18 lessons

Areas of Recap:

- *Health and safety in the kitchen*
- *Weighing measuring and equipment*
- *Eatwell guide*
- *Nutrients*

Skill development :

Development of practical skills (rubbing in/stewing)) using a variety of equipment to make a apple crumble (hob)

Skill development :

Development of practical skills: using the oven, shaping, forming, (scones, jam tarts), kneading (pizza)

Skill development :

Development of practical skills, kneading, shaping, forming (pizza). Weighing, creaming (pineapple upside down)

Skill development :

Development of ability to successfully plan their own recipes and dovetail tasks. This will be completed by students producing their own time plans and storyboards to show production of dishes/products.

Food hygiene, cross contamination and food poisoning

To learn about the importance of hygiene and safety when handling food and to understand the differences between Personal hygiene, Food Safety and Kitchen Hygiene. To understand how food poisoning and cross contamination occur

Macro nutrients

To develop knowledge & understanding of the nutrients fat, carbohydrates and proteins and the importance in the diet

Micro nutrients

To develop knowledge & understanding of the nutrients vitamins, minerals, dietary fibre and water and the importance in the diet

Food choices

To understand that there are many factors which influence the foods we choose to eat.

To develop knowledge and understanding of different dietary needs.

NC assessment

Knowledge & understanding

Planning

Practical's

To Year 9 ...