



Academic Year <u>Year; 8</u>	Content. Unit title and brief outline of content.	Skills taught in each unit.	Assessment – what knowledge and skills will be assessed and how?
<b>Autumn A / Spring B</b>	Eat well guide Fajita practical Risotto practical and planning Chilli con carne / Bolognese planning and practical Macro nutrients – proteins, fats, carbohydrates Numeracy task – set by maths	Knife skills- bridge and claw method, weighing and measuring – liquids and solids, food, kitchen and personal hygiene rules, how to test temperatures. Calculating and evaluating the nutritional value of a product made. Recognise that improvements can be made once an evaluation has been carried out. Know how to safely use equipment – including electrical appliances, understanding the benefits. Be apply to apply skills from maths to complete numeracy task homework's x 1. How to analyse the nutritional content of a dish. Subject specific terminology.	Knife skills – visual grade Practical skills – throughout practical lesson and from photo evidence Planning – detail of planning (model given) Numeracy task - 1 Sensory analysis – risotto Oracy – healthy eating
<b>Autumn B/ Summer A</b>	Swiss roll practical and planning Food Provenance Roux sauce practical and planning Adapting a recipe to make it healthier	Know how to safely use equipment – including electrical appliances, understanding the benefits. Recognise and understand seasonality and food provenance, and be able to adapt a recipe accordingly. Recognise that ingredients can be swapped for a healthier alternative – e.g. vegetable fats instead of butter, vegetable proteins instead of meat. Be apply to apply skills from maths to complete numeracy task homework's x 1. Being able to calculate the nutritional value. Subject specific terminology.	Practical skills – throughout practical lesson and from photo evidence Planning – detail of planning (model given) Oracy – food provenance
<b>Spring A/summer B</b>	Thai Curry practical and planning Spelling test – most commonly misspelt words Alternative proteins taste testing Seasonal food practical	Weighing and measuring. Being able to experience alternatives to animal proteins and make judgements about their place in our diet. Comparing the nutritional benefits of a range of animal / vegetable proteins. Understand the importance of knowing where food comes from and seasonality, making environmentally sound judgements as a result. Subject specific terminology. Calculating the nutritional value.	Practical skills – throughout practical lesson and from photo evidence Planning – detail of planning (model given)