

## Year 8 – Food, Preparation and Nutrition

*Year 8 have Food, Preparation and Nutrition/Textiles one hour per fortnight and then swap at February half term to Food, Preparation and Nutrition/Textiles*

	What will I learn?	How will I learn it?	Why is it important I know this?	Why am I learning this now?
<b>Year 8 Half Term 1 and 2</b>	<p><u>Food hygiene</u> <u>Adapting recipes</u></p> <p>You will begin the school year with a health and safety recap. This will help you to be prepared for practical lessons.</p> <p>You will be taking part in a variety of practical lessons learning a variety of skills.</p> <p>Practical: Spaghetti Bolognese Vegan curry Cous cous Change for health Vegetarian lasagne</p> <p>Skills: Cross contamination Boiling Bridge and claw Peeling Making a white sauce</p>	<p>You will build on your knowledge from Year 7, participating in a range of activities to recall information to make sure that you are as safe as possible in a practical surrounding.</p> <p>You will complete a range of dishes to put your knowledge of health and safety into practice.</p>	<p>It is important to know a range of health and safety skills so that you are confident when participating in practical lessons. This will help you to be safe.</p> <p>Understand how recipes can be changed due to the ingredients involved in each dish.</p>	<p>Builds on learning from Year 7.</p> <p>Testing prior knowledge from Year 7 through question and answer.</p> <p>Builds on key terminology learnt in Year 7.</p>

<p><b>Year 8 Half Term 3</b></p>	<p><u>World foods/developing practical skills</u></p> <p>Taking part in a variety of practical lessons learning a variety of skills. You will think about foods which are eaten across the world.</p> <p>Practical: Lemon tray bake Meatballs in tomato sauce Fairy cakes</p> <p>Skills: Decorating Shaping Simmering Reduction of sauce</p>	<p>You will learn how to successfully create your dishes through demonstrations led by your teacher.</p>	<p>Understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes.</p>	<p>You are building up your skills in a practical way.</p>
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