



Year 8 Food and Nutrition Medium Term Plan

Autumn Term 1

Learning Overview (Contents)	• Food Hygiene • Kitchen Safety • Reflections and Describing Food • Skill development and confidence building
Assessment Opportunities	Understanding of Key hygiene and safety requirements in the kitchen. Safe use of a knife to gain a knife passport.
21st Century Skills	Collaboration and Communication Global and Cultural Awareness

Home Learning Resources	Recipe ideas to make at home and develop skills and confidence. Recipes - Food A Fact Of Life
Knowledge organisers	Link to knowledge Organisers food-hygiene-ko-11-14c.docx sensory-characteristics-ko-11-14c.docx cooking-ko-11-14c.docx

Week Number	Learning Overview / objective (outlined above)	What should pupils know, understand and be able to do by the end of the week? (Use clear Success criteria)
1	Introduction - Why is Food education so important? - What will we be learning about? -	Know what food education is Understand that there are many different reasons why we choose to eat the foods we do
2	Food Choice - Why do we eat? - Why do we like different foods? - What is your favourite food?	Know what is meant by a diet and why people choose to eat different foods. Understand the complexities of food choice and the different factors that impact upon our diets.
3	Food Hygiene - What is the difference between food hygiene and kitchen safety? - Why is it important?	Know why Food hygiene is important to reduce the spread and growth of bacteria that leads to food poisoning. Understand the 4C's of Food Hygiene Extension – explain how bacteria grows through binary fission
4	Kitchen Safety - Fruit salad Demo - What are the practical lesson expectations rules and, routines - Knife safety and cutting techniques	Know the importance of safe and efficient working practices in the kitchen. Understand how to use the bridge and claw hold to prepare a range of fruits and wash up in the correct way.

	- Washing up and effective cleaning	
5	Fruit salad student practical. - Make a fruit salad demonstrating safe and hygienic working practices	Know the step-by-step routine when starting a practical food lesson. Demonstrate the bridge hold and claw grip whilst making a fruit salad and ensuring all washing up and tidying away is completed to the required standard. Write a reflection on how well you completed the task
6	Fruit Theory - What are the different classifications of fruit? - Why should we eat a variety of fruits on a daily basis?	Know how fruits can be grouped into different classifications and be able to give examples Understand the importance of eating a range of different coloured fruits as part of a balanced diet
5	Hob Safety/Soup demo - What are the key safety points when using the hob	Know the different knife cuts (Juliennage, Brunoise, Chiffonade, Macedoine), and demonstrate the cuts using carrots Understand the importance of using the hob safely and continuing with regular safe and hygienic working practices.
6	Soup Practical - Make soup demonstrating safe and hygienic working practices	Demonstrate the knife skills and safe use of the hob and blender Write a reflection on how well you completed the task
7	Vegetable Theory - What are the different classifications of fruit?	Know how fruits can be grouped into different classifications and be able to give examples. Understand the importance of eating a range of different coloured vegetables as part of a balanced diet

	- Why should we eat a variety of fruits on a daily basis?	
8	Salad Planning – group task - Plan for the following lessons practical to design a healthy balanced salad, that could be sold in the school canteen. - How to allocate job roles and responsibilities	Know who is going to bring in the different ingredients and which tasks each team member will complete Understand the importance of planning and communication when collocating.
9	Salad practical - Demonstrate skills and follow all hygiene and safety rules to make commercially viable salad.	Know your role in the team and how you will contribute to achieve the desired goal. Understand the how the different aspects of the salad will come together to make a finished product that could be sold. Extension – Complete the portfolio review and reflection
10	Sensory Analysis - How do we describe food using a range of sensory adjectives	Know what our different senses are and how we use them to analysis food. Understand it is important to use a range of adjectives to describe food in a detailed way. Extension – create a poster to explain what their favourite food is and why
11	Assessment	
12	Weighing and Measuring/Oven safety Demo of Banana bread	Know how to weigh and measure accurately and what at the different abbreviations for measurements Understand the safety rules when using an oven

	- Why is accurate weighing and measuring important? - What are the key safety rules when using an oven?	Extension – practice at home
13	Practical – Banana bread - Weigh, measure and make the biscuits demonstrating safe and hygienic working practices	Demonstrate the weighing and measuring skills and safe use of the oven Write a reflection on how well you completed the task
14	Meat theory What are the different types and cuts of meat from different animals. Why is meat an important part of the diet and what alternatives can vegetarians eat?	Know the different types and cuts of meat eaten with examples linking to different cultures Understand the importance of protein in the diet and how vegetarians can still achieve their daily requirements
15	Cross Contamination Meatball demonstration - Why is it important to minimize the spread of bacteria during food preparation	Know how to avoid cross contamination whilst preparing meat Understand the different flavorings that can be used to enhance the dish and make a suitable sauce to accompany.. Extension – practice at home

16	Meatballs Practical - Prepare and cook the Meatballs and sauce demonstrating safe and hygienic working practices	Demonstrate hygiene working practices whilst preparing and cooking meat Extension - Bring ingredients to make a suitable dip and flavour the goujons
17	Fish and Seafood theory What are the different types of fish and seafood Why is seafood an important part of the diet and what alternatives can vegetarians eat?	Know the different types and cuts of seafood and how they can be classified Understand the importance of protein in the diet and how vegetarians can still achieve their daily requirements
18	Cross Contamination/ Food processor safety Fish Goujon demonstration - Why is it important to minimize the spread of bacteria during food preparation	Know how to avoid cross contamination whilst preparing fish and how to use a food processor safely Understand the different flavorings that can be used to enhance the dish and make a suitable dip to accompany. Extension – practice at home
19	Fish Goujon Practical - Prepare and cook the fish and sauce demonstrating safe and hygienic working practices	Demonstrate hygiene working practices whilst preparing and cooking chicken Extension - Bring ingredients to make a suitable dip and flavour the goujons
20	END OF TERM REFLECTION	
21	EXTENSION – SHORTBRED PRACTICAL	

