

Year 8 Food Learning Outcomes

Unit 1: Food Choice, Nutrition and Health

Through practical work, students will be taught skills that build on from those learned in year 7. They will develop a deeper knowledge and understanding of nutrition and health, food safety and sensory analysis. Food science will be incorporated throughout the work, as appropriate, and desired learning will be selected from:

- Safe use of a raw meat, fine chopping skills, alternative flavourings to salt, shaping using the hands, use of the grill, how to test for being readiness, heat transference.
- Safe preparation of fruit, zesting, use of the melting method, how to modify a recipe to make it healthier, use of the hob, heat transference.
- Reinforcing the safe use and preparation of chicken, reinforcing knife skills in slicing vegetables appropriately for stir frying and julienne preparation, use of a rainbow of colours, safe practice in stir frying and the nutritional benefits, testing for readiness.
- Reinforcing skills in fruit preparation and how a batter method can make a cake that fits in with the Eat well guide recommendations.
- Revising food provenance through the use of seasonal vegetables, introducing appropriate vegetable preparation skills, sweating to develop flavour as an alternative to salt, the use of herbs, learning the safe use of a blender.
- Reinforcing food provenance by the use of seasonal fruits, knife skills used new fruit preparation, reinforcement of the rubbing in method, scone making, how this pudding fits in with the recommendations of the Eat well guide.
- Develop vegetable preparation skills by chunkily chopping vegetables suitable for roasting, demonstrate how a cheap grain can be used to make a nutritious meal, using alternative flavourings to salt.
- Class practical activity (risotto) to demonstrate associated aspects of food safety.