

Year 8 Food

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 practical contexts for this work will be selected from:

- Burgers: to develop 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 cooked, heat transference.
- Cereal bar: to reinforce safe preparation of fruit, zesting, use of the melting method, how to modify a recipe to make it healthier, use of the hob.
- Stir fry: to reinforce the safe use and preparation of chicken, reinforce knife skills in slicing vegetables appropriate for stir frying and julienne preparation, use of a rainbow of colours, safe practice in stir frying and the nutritional benefits, testing for readiness.
- Muffins: to reinforce skills in fruit preparation and how a batter method can make a cake that fits in better with the Eatwell guide recommendations.
- Soup: to revise food provenance through the use of seasonal vegetables, introduce appropriate vegetable preparation skills, sweating to develop flavour as an alternative to salt, the use of herbs, safe use of a blender.
- Fruit cobbler: to reinforce food provenance in the use of seasonal fruits, knife skills to reinforce and introduce new fruit preparation, reinforcement of the rubbing in method, scone making, how this pudding fits in with the recommendations of the Eatwell guide.
- Roasted vegetable cous cous salad: to develop vegetable preparation skills by chunky 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.
- A pasta dish with either a cheese, tomato or bolognese sauce: developing skills further by making an all in one sauce, a tomato sauce which is thickened by reduction and blending, or a bolognese sauce using minced meat and fine chopping skills, learning to cook by dry frying, thickening by reduction.

Advice to students for independent study

- Keep recipes up to date in your book, and adapt for different family preferences and/or dietary requirements as necessary.
- Practise skills learned in lessons at home.