



Curriculum Map: Year 8 Subject: Food technology (life skills)

This scheme of work has been developed to enable pupils to develop and demonstrate a wider range of food preparation and cooking skills, building on the basic skills learnt in year 7, whilst helping them to become more independent and confident.

Topic	Key Knowledge <i>What will all students KNOW by the end of the topic?</i>	Key Skills <i>What key skills will be learnt/developed by the end of the topic? What will all students be able to DO by the end of the topic?</i>	Assessment Opportunities <i>What are the key pieces of assessment? How will students be assessed?</i>
<p>Year 8 13 weeks</p> <p>Health & Safety rules Induction Knife skills A balanced diet Starchy carbohydrates Sources of protein Boiling & draining hot liquid Melting method Whisking method Absorption method Creativity & design Preparing raw meat Cooking on a budget Acidic reaction How to cost a recipe How to evaluate own performance</p>	<p>Students will be able to:</p> <p>Collect the correct equipment needed for the practical activity</p> <p>Explain the food hygiene rules to follow and why.</p> <p>Evaluate the dishes that they have made using appropriate terminology.</p> <p>State sources of protein, carbohydrates and fats.</p> <p>Explain how the “food pyramid” can help you to eat a balanced diet.</p> <p>Explain why we need vitamins and minerals.</p> <p>Describe the symptoms of food poisoning and state the sources of salmonella and staphylococcus aureus.</p> <p>Apply a formula to calculate a more complicated quantity.</p> <p>Read food labels to make informed choices.</p>	<p>Students will learn how to: -</p> <p>Demonstrate principles of food hygiene Store food correctly Use knives confidently Make classic cuts of vegetables Decide which knife hold to use Make a dough Use yeast Knead and roll bread dough Grate onion Drain hot liquid confidently Roll and shape food Melt and combine ingredients Prevent cross contamination Prepare vegetables Cook rice Shape raw meat Check for doneness Use small electrical equipment independently Present food attractively Weigh and measure liquid and food</p>	<p>Practical sessions will be self-evaluation plus informal feedback from teacher and peers. There will be 2 practical sessions where a formal grade will be given: -</p> <p>Crudities Pizza dough Pasta Bake Rocky Road Batchos Chicken and chorizo rice (assessment) Chocolate cake Homemade meatballs with ragu sauce Chilli and cheese tacos Sausage rolls (assessment) Key lime cheesecake</p> <p>Homework- Induction quiz to check knowledge of health & safety in the kitchen (September)</p> <p>Written multi choice assessment on knowledge gained to date (October)</p>

