



Year 8 Learning Journey for Food & Nutrition

How does this unit link to prior learning?

I will have undertaken food for 8 weeks in year 7, developing skills towards GCSE skills which is an option for students in year 10. I will develop knowledge of healthy eating, energy balance and practical skills to make a range of dishes which include stir, fry, curry and pizza.

What will you be learning about?	How does this link to the wider curriculum?
KNOWLEDGE: I will understand why we need to eat healthy and the importance of nutrients in your diets. I will also understand the dietary impact of not eating healthily. SKILLS: I will develop a variety of technical cooking skills to make a range of multicultural diets including stir fry, Bolognese, Chilli Con Carne and pizza.	Tolerance - Exploring different food choices and dietary needs (e.g. cultural foods, vegetarian options, allergies). Rule of law - Following kitchen rules and safety procedures Mutual Respect - Respecting shared kitchen spaces and equipment.

We will develop our learning each week by focusing on:

	Skills	RAG
1. THEORY – Health and Safety Recap PRACTICAL – Stir fry (using the hob & high-risk foods)	Bridge & Claw Stir Frying	
2. THEORY - Eatwell guide PRACTICAL- Pizza (made with bread bough)	Kneading Rolling & Shaping	
3. PRACTICAL- Macaroni cheese EVALUATE: Self reflect – how could I improve next time?	Using the hob Weighing & Measuring	
4. THEORY – 8 Healthy tips PRACTICAL – Shortbread.	Creaming method Rolling & Shaping	
5. ASSESSMENT 1 PRACTICAL – Student Choice: Spaghetti Bolognese or Chilli con carne	Bridge & Claw Using the Hob (combination cookery)	
6. PRACTICAL – Brownies ASSESSMENT 2 THEORY – 10-minute knowledge test.	Melting Method Using the Hob & Oven	

Key vocabulary

Bridge	Yeast	Bacteria	Cross contamination	Co2	Nutrients	Salmonella	Melting method
Claw	Raising agent	Germs	Food poisoning	Roux	Eatwell Guide	Cleaning	Gelatinisation

How will this help you in the future?

Year 9	GCSE	CAREERS
Can work more independently and confidently without constant reminders. Focus on more complex dishes and presentation, instead of basic skills	KS4 - This unit will help me at KS4 by giving me the basic cooking and food safety skills needed for GCSE Food & Nutrition.	Beyond LHS - It will also help me after Lode Heath because I'll know how to cook safely and prepare healthy meals for everyday life.