

Year 8 Food Scheme of work.

Date	Learning Objective
Lesson 1	To list and explain the main nutrients provided by the diet. To explain the importance of hydration.
Lesson 2	To describe how energy needs change throughout life. To define energy balance and relate the consequences of imbalance.
Lesson 3	To define saturated and unsaturated fat and explain why it is needed in the diet To identify sources of saturated and unsaturated fat To investigate high, medium and low fat foods available in order to make healthier choices
Lesson 4	To prepare and cook a main meal dish that demonstrates the use of starchy foods, such as savoury rice or rice primavera; demonstrate the safe use of the hob, sharp knives and other small equipment. To carry out an evaluation of a range of prepared rice or rice products.
Lesson 5	To explain the sources, types and functions of sugar in the diet To investigate sugar in drinks and snack foods To identify healthier sugar swap alternatives for a balanced diet
Lesson 6	To prepare and cook a dish which demonstrates the role of carbohydrates in the diet, such as mini carrot cakes, To calculate the nutritional content and create a food label for a dish.
Lesson 7	To describe the dietary recommendations for carbohydrate (including fibre) and how it relates to their diet. To describe the functions of ingredients used in bread making.
Lesson 8	To demonstrate the skills of preparing, kneading, shaping and finishing yeast dough. To compare and evaluate a range of bread based products.
Lesson 9	To explain the sources, types and functions of protein. To define protein complementation.
Lesson 10	To demonstrate the skills of preparing filling ingredients, using a variety of small equipment, using the oven. To describe the functions of eggs in cooking.
Lesson 11	To name the micronutrients and state why they are needed in the diet. To explain the sources, types and functions of vitamins, A, D, B group and C.
Lesson 12	To prepare and cook a main meal dish which demonstrates the role of calcium in the diet To demonstrate the preparation of an all-in-one sauce; demonstrates safe use of the hob/grill, accurate weighing and measuring, boiling, draining, mixing.

Lesson 13	<p>To investigate the dietary needs of young adolescents.</p> <p>To summarise the actions in the School Food Plan related to school lunches.</p>
Lesson 14	<p>To plan a healthy dish suitable for a hot school lunch to help meet the nutritional needs of the identified group. Main Dish and Pudding</p> <p>To incorporate school food plan knowledge</p>
Lesson 15	<p>To prepare and cook a main meal dish suitable for a hot school lunch, such as chicken biryani, chicken chow mein.</p> <p>To demonstrate the preparation of vegetables, the use of herbs and spices, use of the hob.</p>
Lesson 16	<p>To demonstrate the preparation of fruit, a rubbed in mixture, use of the oven.</p> <p>To demonstrate and apply the principles of food safety and hygiene when cooking.</p>
Lesson 17	<p>To plan and create a specification for a healthier option main meal dish to be served in a leisure centre, sports centre or cinema.</p> <p>To investigate the availability and benefits of locally or regionally sourced food and/or ingredients that is available to meet consumer demand.</p>
Lesson 18	<p>To demonstrate the skills of fish/meat handling, portioning, shaping and finishing, use of the oven</p> <p>To investigate how and why food is wasted; list ways in which food waste can be reduced</p>
Lesson 19	<p>To prepare and cook a main meal dish to demonstrate cuisine from other countries such as, fajitas, tapas, tacos.</p> <p>To demonstrate the use of herbs and spices to enhance the flavour of a dish</p>
Lesson 20	<p>To appraise and evaluate their learning journey.</p> <p>To evaluate their practical cooking experiences.</p>