

Food Preparation and Nutrition

Year 8

Learning Objectives

Students will learn about:

- Diet, Nutrition and Health
- Factors that influence food choice
- Special diets
- Macronutrients and vitamins
- Food and the environment

In practical students will develop skills learnt in year 7 they will use the microwave, gas hob, grill and oven. They will have the opportunity to improve knife skills, preparation of food, cleaning and tidying equipment and how to cook the following recipes:

- Potato wedges
- Chicken Kebabs
- Dutch Apple Cake
- Cheese Scones
- Granola Bars
- Pasta Bolognese
- Pizza wheels
- Chicken Goujons
- Savory Rice
- Chocolate chip cookies

What previous knowledge is required?

Students will have gained some basic knowledge in the year 7. Experience will still be varied depending on personal circumstances and the exposure children get to cooking and nutrition at home. The aim is to further develop students' practical knowledge and their understanding of nutrition by the end of this rotation.

How will this term's content help with future learning?

The knowledge learnt in year 7 and 8 Cooking and Nutrition will help to inform the food rotations in year 9. Students will also use theory knowledge and the practical skills they have learnt, throughout KS4, in both their NEA work and exam content.

Common Misconceptions

Timings of cooking are always difficult for students, and they often need validation their food is cooked. Students will develop understanding of their final products through practice and experience.
The difference between a grill and an oven.

National Curriculum / Specification

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients