



## YEAR 8 CURRICULUM PLAN FOOD PREPARATION AND NUTRITION

YEAR	TRINITY 2	MICHAELMAS 1	MICHAELMAS 2	LENT 1	LENT 2	TRINITY 1
8	<p>1. Introduction the course and the food journey.</p> <p>2. Bacteria. Temperature control.</p> <p>3. 8 tips for healthy eating. Modifying recipes.</p> <p>4. Protein (function, sources, DRV, excess, deficiency)</p> <p>5 and 6. Food investigation – scones chemical raising agents.</p> <p>7. Reared food. Meat, poultry and eggs.</p> <p>8 and 9. Food investigation - sensory analysis scones and evaluation.</p> <p>10. Caught food. Fish.</p> <p>11 and 12. Practical Mediterranean tart or vegetable lattice tarts.</p> <p>13. Soya, tofu, beans, nuts and seeds. (alternative protein foods and protein complementation)</p> <p>14 and 15. Practical</p>	<p>Pupils rotate between the following areas. Art, FPN, Textiles and DT over the course of Year 8.</p> <p>Groups have one double and a single lesson each week.</p>	<p>Pupils rotate between the following areas. Art, FPN, Textiles and DT over the course of Year 8.</p> <p>Groups have one double and a single lesson each week.</p>	<p>Pupils rotate between the following areas. Art, FPN, Textiles and DT over the course of Year 8.</p> <p>Groups have one double and a single lesson each week.</p>	<p>Pupils rotate between the following areas. Art, FPN, Textiles and DT over the course of Year 8.</p> <p>Groups have one double and a single lesson each week.</p>	<p>Pupils rotate between the following areas. Art, FPN, Textiles and DT over the course of Year 8.</p> <p>Groups have one double and a single lesson each week.</p>



	<p>pasta sauce or savoury noodles.</p> <p>16. Milk and cheese.</p> <p>17 and 18. Practical paella or risotto.</p> <p>19. Costing a recipe and making recipes cheaper.</p> <p>20 and 21. Practical chilli sauce or bolognese sauce.</p> <p>22. Food waste – food labelling and food waste.</p> <p>23 and 24. Practical key lime pie or cheesecake.</p> <p>25. Food life journey and assessment.</p> <p>26 and 27. Acapulco chicken or sweet and sour chicken.</p>					
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