

**Year 8 Cooking & Nutrition** - All pupils will each complete 2 half terms in year 8

**Curriculum Rational** - The year 8 curriculum builds and broadens the skills and knowledge developed during year 7. Pupils are taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils are taught to:

- 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

**Links to DT** - Links are made with prior knowledge of health and safety across all the DT subjects, pupils are assessed against the relevant KS3 national Curriculum descriptors for DT

**Extended home learning project** - supports classroom learning and allows pupils the opportunity to practise and demonstrate research skills. Pupils are allowed to choose the final product that they make based on their research

**Knowledge and skills** - Depending on the length of the term some of the Knowledge & skills sessions may not occur - apart from the use of the grill, all skills taught in year 7 are revisited and built upon and are repeated twice (time permitting)

**National Curriculum** - By the end of the year 8 cooking carousel, pupils will have been given an attainment grade based on the national curriculum descriptors effectively, year 8 becomes the end of key stage 3 in cooking and nutrition.

**Half term 1**

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<p><b>What?</b> Knowledge - Food Safety, Health &amp; safety, and First Aid</p> <p><b>Why? / How?</b></p> <ul style="list-style-type: none"> <li>• Retrieval of food safety knowledge from year 7 checked. Introduction of more in-depth food safety knowledge relating to upcoming practical work</li> <li>• Retrieval of Health &amp; safety knowledge from year 7 checked. Introduction of more in-depth health &amp; safety relating to upcoming practical work</li> <li>• Retrieval of food safety knowledge from KS3 checked. Introduction of more in-depth reasoning with regards to dealing with first aid incidents</li> <li>• Pupils need to know how to produce safe food</li> </ul>	<p><b>What?</b> Knowledge &amp; skills - Washing up and weighing &amp; measuring</p> <p><b>Why? / How?</b></p> <ul style="list-style-type: none"> <li>• Revisiting and reinforcing prior knowledge of food safety and health &amp; safety in a practical way - Washing up</li> <li>• Revisiting and reinforcing the correct way to prepare for a practical lesson</li> <li>• Demonstrating numeracy in cooking, introducing pupils to their work area and equipment, weighing out dry commodities for subsequent practical work</li> </ul>	<p><b>What?</b> Knowledge &amp; skills - Rubbing in method and use of the oven</p> <p><b>Why? / How?</b></p> <ul style="list-style-type: none"> <li>• Revisit prior knowledge and skills from year 7</li> <li>• Revisit and reinforce correct use of an oven (health &amp; safety and food safety)</li> <li>• Retrieval of knowledge of chemical raising agents.</li> <li>• Retrieval and reinforcement of knowledge and skills with regards to specific commodities from previous practical's</li> <li>• Introduction of classification of commodities based on nutrition</li> <li>• Practise washing up</li> </ul>	<p><b>What?</b> Knowledge and skills - Bread making (dough making and kneading)</p> <p><b>Why? / How?</b></p> <ul style="list-style-type: none"> <li>• Retrieval of knowledge of chemical raising agents and the introduction of microbiological raising agent (Yeast).</li> <li>• Retrieval and reinforcement of knowledge and skills with regards to specific commodities from previous practical's - Introduction of gluten as a protein</li> <li>• Introduces needing and the production of a dough (this forms the basis of a later practical).</li> <li>• Introduction of the concept of staple foods</li> </ul>	<p><b>What?</b> Knowledge and skills - Introduction of pastry making</p> <p><b>Why? / How?</b></p> <ul style="list-style-type: none"> <li>• Retrieval and demonstration of the rubbing in method from the first practical</li> <li>• Retrieval and demonstration on the production of a dough.</li> <li>• Introduction to rolling out dough consistently</li> <li>• Introduction to producing a filled pastry product</li> <li>• Demonstrate the correct use of an oven</li> <li>• Demonstrates relevant health and safety and food safety</li> <li>• Practise washing up</li> </ul>	<p><b>What?</b> Knowledge and skills - Introduction of rice cooking as a staple food</p> <p><b>Why? / How?</b></p> <ul style="list-style-type: none"> <li>• Retrieval and demonstration of the use of a hob from Year 7</li> <li>• Introduction to rice cooking</li> <li>• Introduction to spore forming bacteria and retrieval of storage temperatures and the temperature danger zone</li> <li>• Emphasising Bacillus Cereus as a pathogenic bacterium</li> <li>• Demonstrate the correct use the hob</li> <li>• Demonstrates relevant health and safety and food safety</li> </ul>	<p><b>What?</b> Knowledge - Macronutrients</p> <p><b>Why? / How?</b></p> <ul style="list-style-type: none"> <li>• Retrieval and checking knowledge of the Healthy eating learning from year 7</li> <li>• Embedding the Eatwell Guide</li> <li>• Reinforcing and supporting knowledge of proteins, fats and carbohydrates gained from the previous practical lessons</li> <li>• Developing the bigger picture for nutrition and food choices</li> </ul>

prior to commencing practical work.			<ul style="list-style-type: none"> <li>• Demonstrate the correct use of an oven</li> <li>• Demonstrates relevant health and safety and food safety</li> <li>• Practise washing up</li> </ul>		<ul style="list-style-type: none"> <li>• Practise washing up</li> </ul>	
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**Half term 2**

Week 8	Week 9	Week 10	Week 11	Week 12
<p><b>What?</b> Knowledge - Micronutrients &amp; Seasonality</p> <p><b>Why? / How?</b></p> <ul style="list-style-type: none"> <li>• Retrieval and checking knowledge of macronutrients from last lesson</li> <li>• Developing and embedding knowledge of the role of vitamins within a healthy diet</li> <li>• Developing and embedding knowledge of the role of minerals in a healthy diet</li> <li>• Retrieval of where food comes from Environmental awareness, food miles from year 7</li> <li>• Further knowledge development of Seasonality</li> <li>• Development of understanding of food waste and how an environmental awareness is essential in its control</li> </ul>	<p><b>What?</b> Knowledge and skills - Extended home learning project practical</p> <p><b>Why? / How?</b></p> <ul style="list-style-type: none"> <li>• Pupils select recipe based on how confident they with their practical skills</li> <li>• Demonstrates food safety and health and safety knowledge in a practical way.</li> <li>• Retrieval of knowledge and skills with regards to specific commodities from previous practical's</li> <li>• Develops confidence and independence</li> <li>• Practise washing up</li> </ul>	<p><b>What?</b> Knowledge and skills - Production of a bread-based product</p> <p><b>Why? / How?</b></p> <ul style="list-style-type: none"> <li>• Retrieval and demonstration of bread making skills from earlier in year 8</li> <li>• Demonstration of competency when using basic skills, equipment, and commodities</li> <li>• Demonstration of competency of the use of food safety and health and safety in the kitchen</li> <li>• Practise washing up</li> </ul>	<p><b>What?</b> Knowledge and skills - Creaming method</p> <p><b>Why? / How?</b></p> <ul style="list-style-type: none"> <li>• Explanation and demonstration of the creaming method for making cakes</li> <li>• Retrieval of knowledge of chemical raising agents</li> <li>• Retrieval of the use of ratios when cooking</li> <li>• Demonstration of competency when using basic skills, equipment, and commodities</li> <li>• Demonstration of competency of the use of food safety and health and safety in the kitchen</li> <li>• Practise washing up</li> </ul>	<p><b>What?</b> Knowledge - Knowledge consolidation</p> <p><b>Why? / How?</b></p> <ul style="list-style-type: none"> <li>• Checks and assesses knowledge gained from the last 12 weeks.</li> <li>• Final chance to correct any misunderstanding prior to pupils moving on to next carousel subject</li> <li>• Final chance to assess age related expectation for cooking and nutrition based on both qualitative and quantitative data</li> </ul>

**Note**

Due to the differing lengths of different terms/half terms the practical work may differ, however, the theory lessons in weeks 1 & 2 and the end and start of a half term will not change.