

Year 8- Food Preparation and Nutrition (Learning Intentions)

Lesson 1 Learning Intentions	Lesson 2 Learning Intentions	Lesson 3 Learning Intentions
<ul style="list-style-type: none"> To look at the journey our food takes. To understand the term 'food mile'. To understand factors that can affect food choice (seasonality, fairtrade). 	<ul style="list-style-type: none"> To look at the benefits of following the Eatwell Guide. To understand the government guidelines for healthy eating. To understand the consequences of not following the Eatwell Guide. To understand what obesity is and why it is a global issue. 	<p>Practical Lesson- Tomato & Pepper Pasta</p> <ul style="list-style-type: none"> To demonstrate the safe use of a knife. To demonstrate the two cutting techniques of the bridge and claw. Demonstrate the use of a hand-held blender. To follow the recipe and method for the making of this pasta.
Lesson 4 Learning Intentions	Lesson 5 Learning Intentions	Lesson 6 Learning Intentions
<ul style="list-style-type: none"> To understand the term 'food provenance'. Understand the impact of packaging and food on the environment. Look at how transportation of food affects quality and the environment. 	<p>Practical Lesson- Spanish Omelette</p> <ul style="list-style-type: none"> To demonstrate the safe use of a knife. To demonstrate the two cutting techniques of the bridge and claw. Demonstrate the use of the hob and the grill as a heat transfer method. To follow the recipe and method for the making of a Spanish omelette. 	<ul style="list-style-type: none"> To understand why we use different heat transfer methods when cooking. Look at the reasons why we cook foods. How to maintain the nutritional value of foods.
Lesson 7 Learning Intentions	Lesson 8 Learning Intentions	Lesson 9 Learning Intentions
<p>Practical Lesson- Spaghetti Bolognese</p> <ul style="list-style-type: none"> To demonstrate the safe use of a knife. 	<ul style="list-style-type: none"> To understand the sources and functions of protein in the diet. Why the body needs protein as a macronutrient. 	<p>Practical Lesson- Thai Chicken Curry</p> <ul style="list-style-type: none"> To demonstrate the safe use of a knife.

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<ul style="list-style-type: none"> • To demonstrate the two cutting techniques of the bridge and claw. • Demonstrate the use of the hob (convection and conduction) as methods of heat transfer. • To follow the recipe and method for the making of Spaghetti Bolognese 	<ul style="list-style-type: none"> • To understand how much protein is needed in the diet. 	<ul style="list-style-type: none"> • To use the two cutting techniques of the bridge and claw. • Demonstrate the safe preparation and cooking of chicken (cross-contamination). • To follow the recipe and method for the making of Thai Chicken curry.
<p style="text-align: center;">Lesson 10 Learning Intentions</p>	<p style="text-align: center;">Lesson 11 Learning Intentions</p>	<p style="text-align: center;">Lesson 12 Learning Intentions</p>
<p style="text-align: center;"><i>PAZ LESSON</i></p>	<ul style="list-style-type: none"> • To understand the effect of culture on cuisine. • To look at different international cuisines. • To explain how eating habits have changed in Britain due to influences from other countries. 	<p>Practical Lesson- Anzac Biscuits</p> <ul style="list-style-type: none"> • To have an awareness of the safe levels of sweet sugars in the diet. • To demonstrate the safe use of an oven as a method of radiation heat transfer. • To understand the culture and cuisine of the recipe and use the recipe to make Anzac biscuits.