

Food Preparation & Nutrition - Year 8

Learning Intentions Autumn Term 2 2024- 2025

	LESSON 1
WEEK 9 wc 4 th November	<ul style="list-style-type: none">• To understand the meaning of British cuisine.• To look at the eating habits of people within Britain.• To look at ingredients/dishes that are popular in Britain.
WEEK 10 wc 11 th November	<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.
WEEK 11 wc 18 th November	Practical Lesson- Scones <ul style="list-style-type: none">• To demonstrate the rubbing-in method.• To follow the recipe and method for the making of Scones.
WEEK 12 wc 25 th November	<ul style="list-style-type: none">• To explain factors that could influence a person's food choice.• To understand how peer and media pressure can change views on food choice.
WEEK 13 wc 2 nd December	PAZ LESSON
WEEK 14 wc 9 th December	Practical Lesson- Thai Chicken Curry <ul style="list-style-type: none">• To demonstrate the safe use of a knife.• 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.
WEEK 15 wc 16 th December	<ul style="list-style-type: none">• To know sources of vitamins and minerals.• To understand the role and importance of micronutrients.