

Food Preparation & Nutrition - Year 8

Learning Intentions Spring Term 1 2024-2025

	LESSON 1
WEEK 16 wc 6 th January	<ul style="list-style-type: none">• To understand the term 'Micronutrient'.• To look at the role of vitamins and minerals.• Understand the sources of different vitamins and minerals.
WEEK 17 wc 13 th January	<p style="text-align: center;">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.
WEEK 18 wc 20 th January	<ul style="list-style-type: none">• To understand methods of costing ingredients for recipes.• Link costing ingredients to costs of eating out/takeaways.
WEEK 19 wc 27 th January	<p style="text-align: center;">Practical Lesson- Beef Kofta Kebabs</p> <ul style="list-style-type: none">• To use the two cutting techniques of the bridge and claw.• Demonstrate marination methods.• To follow the recipe and method for the making of Beef Kofta Kebabs.
WEEK 20 wc 3 rd February	<ul style="list-style-type: none">• To understand the differences in high and low-risk foods.• To look at different storage methods for different foods.• Link High/ Low-Risk foods with food labelling.
WEEK 21 wc 10 th February	<p style="text-align: center;">Practical Lesson- Focaccia Bread</p> <ul style="list-style-type: none">• To learn bread making skills.• To understand the importance of kneading bread• To follow the recipe and method for the making of Focaccia Bread.