

**Food Preparation and Nutrition – Year 8**

Knowledge and Skills – Students will be taught to...	Reading, Oracy, Literacy and Numeracy	Formative Assessment (On-going)	Summative Assessment (Middle and end of project)	Link to GCSE Content
<ul style="list-style-type: none"> <li>• <b>Respond to the overarching themes of Creativity and User Needs</b></li> <li>• Respond to a context analysing the important factors.</li> <li>• Undertake appropriate research.</li> <li>• Explain a choice of dishes and ingredients based on suitability / needs (12)</li> <li>• Consider appropriate ingredients for specific dietary needs based on age groups (3), (7), (8)</li> <li>• Develop their use of equipment and processes when preparing and cooking.</li> <li>• Demonstrate safe working practices when using high-risk foods (5).</li> <li>• Evaluate their dishes and suggest possible improvements.</li> <li>• Food science of gelatinisation, gluten formation and biological raising agents (2)</li> <li>• Consider Time Management skills and planning (10)</li> <li>• Ingredient combinations (4)</li> </ul>	<p>Reading</p> <ul style="list-style-type: none"> <li>• Written context.</li> <li>• Reading of gathered research prior to analysis.</li> </ul> <hr/> <p>Numeracy</p> <ul style="list-style-type: none"> <li>• Measuring techniques to ensure accuracy.</li> <li>• Weighing appropriate ingredients.</li> </ul> <hr/> <p>Oracy</p> <ul style="list-style-type: none"> <li>• Individual speaking:</li> <li>• Discussion of dishes through peer feedback and through the evaluation of a product.</li> </ul>	<p>Questioning in lessons</p> <p>Whole class feedback</p> <p>Individual feedback in lessons</p> <p>Marking areas of focus and identifying areas for improvement.</p> <p>Peer and self-assessment of written work</p>	<p>Knowledge tests throughout the project focussing on:</p> <ul style="list-style-type: none"> <li>• Design Process</li> <li>• Ingredients</li> <li>• Making Processes</li> <li>• Equipment/Tools</li> <li>• Hygiene and Safety</li> </ul> <p>One marked D&amp;T project tasks focussing on:</p> <ul style="list-style-type: none"> <li>• Analysis and Evaluation</li> <li>• Planning and Making</li> </ul>	<p>LO1 demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment</p> <p>LO2 develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks</p> <p>LO3 understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health</p> <p>LO4 understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices</p> <p>LO5 demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food</p> <p>LO7 consider the influence of lifestyle and consumer choice when developing meals and recipes</p> <p>LO8 consider nutritional needs and food choices when selecting recipes, including when making decisions about the ingredients, processes, cooking methods and portion sizes</p> <p>LO10 manage the time and cost of recipes effectively</p> <p>LO12 explain, justify and present their ideas about their chosen cooking methods to others</p>