



Key Stage 3 Food Technology Scheme of Work 2021/22

Year 8 - 9 week carousel model

Year 8	Skills/Outcomes	Theme	Taught Elements	Resources	Cultural Capital
Week 1	<ul style="list-style-type: none"> To assess understanding of safety in the food room To assess understanding of why safety is so important when preparing and cooking food To assess understanding of hygiene in the food room To assess understanding of why hygiene is so important when preparing and cooking food 	<p>Recap – Safety in the Food Room. Looking at potential hazards and ways to prevent them.</p> <p>Recap – Hygiene and the different types of hygiene</p>	<ul style="list-style-type: none"> Messy kitchen picture and the hazards - followed by discussion. Looking at ways in which we can prevent hazards in the Food Room Student to create list of hygiene and safety rules Students to draw 'Hygiene Woman' and label her with 5 hygiene rules and reasons why we follow the rules 	<ul style="list-style-type: none"> PPT – Recap of Safety in the food room Exercise books Messy kitchen picture Glue PPT – Recap of Hygiene in the food room Exercise books 	
Week 2	<ul style="list-style-type: none"> To understand and apply the principles of nutrition and health using the Eatwell Guide To understand and apply the principles of nutrition and health 	<p>Introduction to the Eatwell Guide</p> <p>The Eatwell Guide Ctd</p>	<ul style="list-style-type: none"> True false quiz and ppt presentation. Issue the Eatwell Guide poster, work through ppt Students complete blank Eatwell Guide listing foods 	<ul style="list-style-type: none"> True/False PPT re. Healthy diets Copies of the quiz statements Eatwell Guide Poster Eatwell Guide PPT 	Exposure to the wide variety of culinary experiences available in modern Britain. Liverpool multi-cultural. Wide range of restaurants available.



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	using the Eatwell Guide		consumed within a day. Discussion about healthy and balanced diets and how to improve our own diets. Finish for HWK and a paragraph analysing days meals in terms of the Eatwell guide.	<ul style="list-style-type: none"> • Eatwell Guide worksheet • Exercise books 	
Week 3	<ul style="list-style-type: none"> • To understand the importance of informing people about Healthy Eating in order to influence their food choices. • To understand that making small changes to recipes can assist in meeting dietary guidelines. • To understand the importance and functions of some fat in the diet • To understand the health concerns associated with eating too much saturated fat 	<p>Introduce Healthy Eating magazine design brief and the 4 healthy eating guidelines</p> <p>Eat less fat</p>	<ul style="list-style-type: none"> - Discuss magazine front cover, mind map on board, and editor's letter. - Recipe adaptation – applying principles of the Eatwell Guide to adapt popular recipes - Issue starter questions to identify prior knowledge regarding fat in the diet. - Use the Change4Life ppt (saturated fat), the PPT and the handout to consolidate knowledge. - Issue recipe for Healthy Bolognese highlighting the 	<ul style="list-style-type: none"> • Magazine front cover ideas • Copy of Editor's letter • Editor's letter writing frame • Set homework – Complete front cover and editor's letter • Issue paper • Starter questions • Change 4 life website • PPT • Eat less saturated fat handout • Recipe for Bolognese 	<p>Links to recipe adaptations and how this is used by chefs in daily work life. Links to possible jobs in the future – show pupil's career display board in food room.</p> <p>Science links. Diagrams of how fat can build up in arteries to explain restricted blood flow.</p>



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	<ul style="list-style-type: none"> To be able to identify foods high in saturated fat. To demonstrate knowledge and understanding of healthier food swaps in order to reduce saturated fat in the diet. 		adaptations and set date for practical.		
Week 4	<ul style="list-style-type: none"> To know how to organise themselves in preparation for their practical To extend their knowledge on how to use the hob safely To re-cap knife skills (Year 7) To know how to apply principles of the Eatwell Guide in order to adapt popular recipes To understand the correct consistency when making healthy Bolognese. 	Healthy Bolognese Demonstration	<p>Healthy Bolognese demonstration by the teacher and extending knowledge on how to use the hob and sharp knife safely (knife skills – re-cap of year 7 work).</p> <p>How to watch a demonstration taking place.</p> <p>How to organise themselves in preparation for their practical.</p> <p>How to use the hob and knives safely.</p> <p>How to apply a variety of flavourings and ingredients to a basic recipe when making Bolognese.</p> <p>Awareness of correct sauce consistency when making Bolognese by adding liquid a small</p>	<ul style="list-style-type: none"> Recipe sheet Ingredients for the demonstration PowerPoint Equipment 	Links to where Bolognese comes from – Italy. Links to Italian chefs. Links to other Italian food.



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	<ul style="list-style-type: none"> To utilise the hob safely. To show a knowledge and understanding of how to adapt a recipe to make it more healthy. 	Practical – Healthy Bolognese	<p>amount at a time if sauce thickens too much.</p> <p>Demo Healthy Bolognese</p> <p>Recap how to evaluate and complete a star profile. Recap sensory word bank. Set homework to evaluate.</p> <p>Pupils will be taught how to manage their time.</p> <p>How to make a healthy Bolognese by making healthy adaptations to the basic recipe.</p> <p>How to organise themselves.</p> <p>How to work independently and with a partner/team.</p> <p>How to use the hob safely.</p>	<ul style="list-style-type: none"> PowerPoint Necessary Equipment Tea towels/Dishcloths/oven gloves Frying pans 	
Week 5	<ul style="list-style-type: none"> To understand the role that sugar plays in the diet To understand the health concerns associated with eating too much sugar 	Eat Less Sugar	<ul style="list-style-type: none"> Issue starter questions to identify prior knowledge regarding sugar in the diet. Use the Change4Life ppt (sugar), the PPT and the handout to consolidate knowledge. 	<ul style="list-style-type: none"> Starter questions Change for life website PPT Eat less sugar handout Recipe for fruit crumble 	<p>Where does sugar come from?</p> <p>Diagrams sugar cane/sugar beet.</p> <p>Where is it grown?</p> <p>What countries – sugar beet UK, sugar cane tropical</p>



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	<ul style="list-style-type: none"> • To be able to identify foods high in sugar. • To demonstrate knowledge and understanding of healthier food swaps in order to reduce sugar in the diet. • To know how to organise themselves in preparation for their practical • To extend their knowledge on how to use the oven safely • To re-cap knife skills (Yr 7) • To know how to apply principles of the Eatwell Guide in order to adapt popular recipes • To understand the correct consistency when using the rubbing in method. 	<p style="text-align: center;">Fruit crumble demonstration</p>	<ul style="list-style-type: none"> - Issue recipe for Healthy Fruit Crumble highlighting the adaptations and set date for practical. <p>Fruit crumble demonstration by the teacher and extending knowledge on how to use the oven and a sharp knife safely (knife skills – re-cap of year 7 work).</p> <p>To recap the rubbing method.</p> <p>How to watch a demonstration taking place.</p> <p>How to organise themselves in preparation for their practical.</p> <p>How to apply a variety of flavourings and ingredients to a basic recipe when making crumble.</p> <p>Recap how to evaluate and complete a star profile. Recap sensory word bank. Set homework to evaluate.</p>	<ul style="list-style-type: none"> - Ingredients for demonstration • Recipe sheet • Ingredients for the demonstration • PowerPoint • Equipment 	<p>climate, Brazil. Link to Geography – weather and climate.</p> <p>Seasonal fruits – more/less expensive at certain times of the year in supermarkets. Where are the fruits grown/local – import/export.</p>
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	to achieve a higher fibre diet.				
Week 7	<ul style="list-style-type: none"> To know how to organise themselves in preparation for their practical To extend their knowledge on how to use the hob safely To re-cap knife skills (Year 7) To know how to apply principles of the Eatwell Guide in order to adapt popular recipes <ul style="list-style-type: none"> To utilise the hob safely. To show a knowledge and understanding of how to adapt a recipe to make it more healthy. To understand how to manage time effectively 	<p>Demonstration of cold pasta salad</p> <p>Cold pasta salad practical</p>	<p>Cold Pasta Salad demonstration by the teacher and extending knowledge on how to use the hob and a sharp knife safely (knife skills – re-cap of year 7 work).</p> <p>How to watch a demonstration taking place.</p> <p>How to organise themselves in preparation for their practical. How to apply a variety of flavourings and ingredients to a basic recipe when making a pasta salad.</p> <ul style="list-style-type: none"> - Pupils will be taught how to manage their time. - How to make a cold pasta salad by making healthy adaptations to the basic recipe. - How to organise themselves. - How to work independently and with a partner/team. - How to use the hob safely. 	<ul style="list-style-type: none"> Recipe sheet Ingredients for the demonstration PowerPoint Equipment <ul style="list-style-type: none"> PowerPoint Necessary Equipment Tea towels/Dishcloths/oven gloves Pans 	<p>Pasta – how is it made? Staple food. Different pasta shapes are made in different regions of Italy.</p>



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	<ul style="list-style-type: none"> To understand how to use the stir frying method. 		<ul style="list-style-type: none"> How to work independently and with a partner/team. How to use the hob safely. How to use oil safely – small amount, do no leave on the heat etc 		
Week 9	<ul style="list-style-type: none"> To show a knowledge and understanding of the healthy eating guidelines. To demonstrate knowledge and the benefits of a healthy and balanced diet 	Problem page	Assessing pupil’s knowledge of the dietary guidelines. Pupils are to write a problem page to the magazine from members of the public highlighting issues in their lives with their diet. The will also include responses from the health experts in the magazine on how to improve their diet/lifestyle and follow the healthy eating guidelines.	<ul style="list-style-type: none"> Starter questions Change for life PPTs Hand out for pupils 	
	<ul style="list-style-type: none"> To assess what pupils have learnt during the year 8 module. 	End of Unit Test	Pupils will complete an End of Unit test so teacher can assess. Pupils will complete the test during class time in silence.	<ul style="list-style-type: none"> Copies of End of Unit test 	

exposure to the wide variety of culinary experiences available in modern Britain

insights into the variety of produce available