



Subject	Year	Specialism
Design and Technology	Year 8	Food
<b>Project</b>		
Y8 Food and Nutrition – Eating for Health		
<b>Content (Intent)</b>		
<b>Prior Learning Y7 Prior Learning Y7 Food and Nutrition unit</b>		
Pupils will learn how to make healthy, nutritious meals. Nutrient focus -You will focus on these nutrients : carbohydrates (fibre), fats and Vitamin B groups		
<b>Future Learning – year 9 food units</b>		
How will knowledge and skills be taught (Implementation)		How will your understanding be assessed & recorded (Impact)
<p><b>How to</b></p> <ul style="list-style-type: none"> <li>• cut foods safely using bridge and claw grip</li> <li>• Accurately weigh and measure</li> <li>• Use safely kettle, hob, oven</li> <li>• Combine and mix ingredients</li> <li>• Peel, chop, grate</li> <li>• Boil and simmer, sweating– heat control</li> <li>• Rubbing in technique</li> <li>• Divide and shape – kneading dough</li> <li>• Assemble and layer</li> <li>• Divide products to make suitable portion size</li> <li>• Use a blender and food processor, mini chopper</li> <li>• Coat product (egg and breadcrumbs)</li> <li>• Handle safely raw meat and fish</li> <li>• Decorate and finish products</li> </ul> <p>These skills will be taught through the making of the following products</p> <ul style="list-style-type: none"> <li>• Tomato and red lentil soup</li> <li>• Dutch Apple cake</li> <li>• Fish cakes</li> <li>• Quiche Lorraine</li> <li>• Savoury bread product</li> </ul> <ul style="list-style-type: none"> <li>• Key focus</li> <li>• Fats and oils</li> <li>• Increasing fibre content in diet</li> <li>• Fish and its importance in diet</li> <li>• Food waste, sustainability, and food provenance</li> </ul> <p>Health and safety</p>		<p><b>Assessment</b></p> <p>Each project is individually assessed through teacher assessment and the final end of year progress and effort grades are based on all work completed in Y8 D&amp;T.</p> <p>Key project work will be used to build up a clear picture of student effort and progress. All homework will be given a progress and effort grade.</p> <p><b>Main areas of assessment:</b></p> <p>Practical work and skill development Quality of finish on final product Booklet</p>
<b>How can parents help at home?</b>		
Students will complete their work and homework in a project booklet. It would be great if you could talk this through with your child to help them and ensure tasks are complete. In addition, it would be good if you could look at the vast resources on our Food and Nutrition VLE pages and to provide them with ingredients for practical work (all dates are published at the beginning of each rotation to help with planning)		
<b>Helpful further reading/discussion (including Reading and Vocabulary Lists)</b>		
<p><b>Reading</b></p> <p><a href="https://balcarras.fireflycloud.net/dan/dt-food-and-nutrition/year-8-food">https://balcarras.fireflycloud.net/dan/dt-food-and-nutrition/year-8-food</a></p> <p><a href="https://www.foodafactoflife.org.uk/">https://www.foodafactoflife.org.uk/</a></p>	<p><b>Vocabulary</b></p> <p>Sweat, boil, simmer, blend and process, sustainability, soluble and insoluble fibre, saturated and unsaturated fats</p> <p>Omega 3</p>	<p><b>Careers Links</b></p> <p>Find out about all aspects of food careers -</p> <p><a href="https://tastycareers.org.uk">https://tastycareers.org.uk</a></p> <p><a href="https://www.foodafactoflife.org.uk/w-hole-school/careers-in-food/">https://www.foodafactoflife.org.uk/w-hole-school/careers-in-food/</a></p>