

Scheme of Learning:		Year 8 Healthy Eating		
Prior Learning				
I will have undertaken food for 8 weeks in year 7, developing skills towards GCSE skills which is an option for students in year 10. I will develop knowledge of healthy eating, energy balance and practical skills to make a range of dishes which include stir fry, curry and pizza.				
Objectives:				
<ul style="list-style-type: none">KNOWLEDGE: I will understand why we need to eat healthy and the importance of nutrients in your diets. I will also understand the dietary impact of not eating healthily.SKILLS: I will develop a variety of technical cooking skills to make a range of multicultural diets including stir fry, curry and pizza.				
Week	Tasks	Literacy	Homework	RAG
1	<ul style="list-style-type: none">THEORY – Health and Safety RecapPRACTICAL – Stir fry (using the hob & high risk foods)	Cross Contamination Knife safety Bridge and claw holds Personal hygiene	INGREDIENTS - Stir fry	
2	<ul style="list-style-type: none">THEORY - Eatwell guidePRACTICAL- Pizza (made with bread bough)	Oven safety Grill Gluten Yeast	INGREDIENTS - Pizza	
3	<ul style="list-style-type: none">PRACTICAL- Macaroni cheeseEVALUATE: Self reflect – how could I improve next time?	Health and safety Roux Bechamel Boiling Hob skills	INGREDIENTS- Macaroni cheese	
4	<ul style="list-style-type: none">THEORY – 8 Healthy tipsPRACTICAL – Shortbread	Simmering High Risk Food Cross Contamination	INGREDIENTS - Spaghetti Bolognese	
5	<ul style="list-style-type: none">ASSESSMENT 1 PRACTICAL – Student ChoiceSpaghetti Bolognese or Chilli con carne	Cross Contamination Melting in method Weighing & measuring Hob & oven skills	INGREDIENTS- Shortbread	
6	<ul style="list-style-type: none">PRACTICAL – BrowniesEVALUATE: Self reflect – how could I improve next time?	Rubbing in Oven skills Baking	INGREDIENTS – Brownies REVISION - Preparation for assessment	
7	<ul style="list-style-type: none">PRACTICAL – Burgers (bread rolls and patties)ASSESSMENT 2 THEORY – 30 minute knowledge test.	High risk food Shaping Grilling	INGREDIENTS - Burgers	
8	<ul style="list-style-type: none">CLOSING THE GAP – Reteach 3 main misconceptions from test.	High Risk Food Cross Contamination Salmonella	End of rotation	
GCSE Food		Careers		
Students produce a 3-course meal, a food science experiment and cover a broad range of food knowledge		Food teacher, chef, pastry chef, waiter, restaurant manager, food designer, food taster and developer, nutritionist and many more...		