



Curriculum Overview for Food Preparation and Nutrition Year 8

<p>Term 3: Food around the world (Italy)</p> <p>Substantive Knowledge:</p> <ul style="list-style-type: none"> • Baseline Test & Health and Safety: Establishing initial knowledge, understanding health and safety rules, and locating kitchen equipment. • Presentation Skills & Basic Kitchen Techniques: Developing presentation skills, recalling health and safety knowledge, and using kitchen equipment correctly. • Sensory Analysis & Knife Skills: Performing sensory analysis, identifying knife skills, and creating fruit salads. • Accuracy in Food Preparation: Recalling cutting techniques and producing high-standard dishes like bruschetta. • Eatwell Guide & Balanced Diet: Understanding the Eatwell Guide and the importance of a balanced diet. • Advanced Cooking Skills: Demonstrating the use of the Bridge and Claw technique, using the hob safely, and creating high-quality dishes. • Properties of Food Materials: Investigating the properties of food materials, such as raising agents in scones. • Research and Creative Presentation: Researching Italian cuisine, creating mood boards, and designing food products. • Pizza Design and Nutrition: Designing and preparing pizzas with a focus on nutrition and the Eatwell Guide. 	<div data-bbox="826 479 941 586" data-label="Image"> </div> <p>Teachers lead by example. Teachers read from the board but will also encourage pupils to read aloud to the class.</p> <p>Syllabification of key words.</p> <p>Pupils will analyse a variety of text sources.</p> <div data-bbox="831 817 933 907" data-label="Image"> </div> <p>Hygiene Weighing and Measuring Cross Contamination Equipment names Health and Safety Enzymic Browning Bridge and Claw Eatwell guide and Nutrition</p> <div data-bbox="837 1093 933 1214" data-label="Image"> </div> <p>Assessment at the end of the unit made up of short answer and long answer questions. Collect scores from formative assessments in the classroom – multiple choice questions, low stakes. Completion of an extended piece of writing throughout the unit.</p> <div data-bbox="821 1458 943 1563" data-label="Image"> </div> <p>Homework booklet with tasks every week</p>
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- **Final Practical and Evaluation:** Preparing scone-based pizzas, ensuring accurate and creative presentation, and completing detailed evaluations

Disciplinary Knowledge:

1. **Health and Safety:** Mastery of hygiene and safety protocols, proper equipment use.
2. **Cooking Techniques:** Proficiency in basic and advanced cooking methods, ingredient handling.
3. **Recipe Execution:** Accuracy in following recipes, consistent preparation standards.
4. **Sensory Analysis:** Conducting and articulating sensory evaluations.
5. **Nutrition:** Applying principles of the Eatwell Guide, understanding nutritional benefits.
6. **Evaluation:** Critical self-assessment, peer feedback, continuous improvement.
7. **Research:** Conducting culinary research, investigating food properties.
8. **Presentation:** Creative design, effective visual presentations.
9. **Organization:** Planning and managing cooking projects.
10. **Collaboration:** Effective teamwork and communication.
11. **Assessment:** Ongoing assessment and tracking of progress.