

## **Year 8**

Following on from Year 7 Food curriculum. The Year 8 students move on to produce family meals around the theme of diet, health and nutrition. The current Government guidelines advice is that schools focus predominantly on savoury recipes to support families eating a balanced diet.

Students build up a wide range of food preparation and cooking skills, and learn the basic principles of nutrition and food sources. There are cross curricular links with other subjects. Science studies the nutritional requirements of the human body. Modern Foreign Languages support our curriculum by teaching about French and Spanish foods and Geography look at food and ingredients from around the world.

The students begin their year of food preparation by looking back at their knowledge of the Eatwell Guide and food hygiene. This enables students to work in a safe and hygienic environment throughout all practical lessons.

Students make a variety of recipes throughout the year which builds up confidence in a range of basic skills. This includes chilli con carne, RoganJosh and turkey burgers. A focus on each practical is the safe control of temperatures whilst boiling, simmering and frying. Other areas include enhanced knife control, demonstrating chef techniques such as bridge and claw holds. Another focus is food storage and all the temperature that they need to know to keep food safe.

We want students to independently follow recipes that teachers demonstrate in each lesson. We encourage them to cook at home. Students can practice dishes before and after lessons.

Students extend their knowledge by looking at recipes and adapting them for different dietary needs. They also extend their literacy by using a nutrition programme to analyse dishes.