

## Year 8 Food Scheme of Work – Cultural Foods 24 Lessons

### Students to learn:

- What makes a balanced diet (macronutrients and micronutrients)
- The importance of food safety when preparing and serving food
- To build on skills learned in Year 7
- To understand the origins of a range of international and UK based cuisine

Lesson	Objective	Lesson content	Resources	Knowledge linked to specification	Practical skills
1	To understand the structure of this year's lessons. To remind yourself of the expectations and routines in the food room. To be able to explain at least 3 facts about foods from Mexico	<b>INTERNATIONAL FOODS:</b> 1. Starter – identify Mexican foods on ppt 2. Introduction to food lessons and recap on food safety, explanation of what will be covered in food lessons this term. 3. Mexican foods – information on power point and then task using fact sheet. 4. Demo – fajitas 5. Summary question for each row before leaving.	Power point Fact sheets Worksheets Ingredients for demo of fajitas	<ul style="list-style-type: none"> <li>• International cuisine</li> <li>• Macro and micro nutrients</li> </ul>	
2	To demonstrate your ability to follow a recipe independently and efficiently when making Fajitas.	<b>Make – fajitas</b> Extension: Questions and task on recipe	Ingredients Recipes		Time management Chopping Frying
3	To understand the purpose and function of gluten in a bread dough recipe.	<b>Italian foods and the purpose of gluten:</b> 1. Starter – Knowledge organizer quiz 2. Introduction to lesson and information on the function and purpose of gluten in bread dough. 3. Demo – pizza with dough base, linked to discussion on Italian foods. 4. Worksheet on gluten		<ul style="list-style-type: none"> <li>• International cuisine</li> <li>• Functional and chemical properties of ingredients - Gluten formation</li> </ul>	

		5. Recap questions.		• Sauce making	
<b>HALF TERM</b>					
4	To demonstrate your ability to follow a recipe independently and efficiently when making pizza with a dough base.	<b>Make – Pizza with dough base</b> Extension: Questions and task on recipe	Ingredients Recipes		Time management Mixing Kneading Shaping Proving
5	To understand the difference between high biological value proteins and low biological value proteins.	<b>Indian foods, low biological value proteins and protein complementation:</b> 1. Starter – Knowledge organizer quiz 2. Information and discussion on pastry ingredients and reason for ratio of butter/flour. 3. Demo – Spinach, sweet potato and lentil dahl 4. Task on LBV proteins and protein complementation 5. Review questions.		<ul style="list-style-type: none"> <li>• International cuisine</li> <li>• Functional and chemical properties of ingredients – ratio of ingredients</li> </ul>	
6	To demonstrate your ability to follow a recipe independently and efficiently when spinach, sweet potato and lentil dahl.	<b>Make – Spinach, sweet potato and lentil dahl</b> Extension: Questions and task on recipe	Ingredients Recipes		Time management Chopping Frying Shaping
7	To understand the process of coagulation and explain 3 recipes where this process would take place.	<b>French foods and coagulation:</b> 1. Starter – knowledge organizer quiz 2. Explanation of coagulation, linking to example dishes. 3. Demo – French toast 4. Task – coagulation and French foods. Review questions.		<ul style="list-style-type: none"> <li>• International cuisine</li> <li>• Coagulation – process and effects</li> </ul>	
8	To demonstrate your ability to follow a recipe independently and	<b>Make – French toast</b> Extension: Questions and task on recipe	Ingredients Recipes		Time management Mixing Coagulation

	efficiently when making crepes whilst correctly identifying the process (coagulation)				Frying
9	To understand the role and importance of fibre in the diet.	<b>South American foods and fibre</b> <ol style="list-style-type: none"> <li>1. Starter – Knowledge organizer quiz</li> <li>2. Discussion and information about fibre</li> <li>3. Demo – empanadas, linked to discussion about foods from South America</li> <li>4. Task – fibre</li> </ol> Review questions.		<ul style="list-style-type: none"> <li>• International cuisine</li> <li>• Fibre within carbohydrates</li> </ul>	
10	To demonstrate your ability to follow a recipe independently and efficiently when making empanadas.	<b>Make – empanadas</b> Extension: Questions and task on recipe	Ingredients Recipes		Time management Chopping Seasoning Baking
11	To understand 3 different raising agents and explain where each raising agent would be appropriate.	<b>Raising agents:</b> <ol style="list-style-type: none"> <li>1. Starter – knowledge organizer quiz</li> <li>2. Discussion and information about raising agents and history of apple cake.</li> <li>3. Demo – swiss roll</li> <li>4. Task</li> <li>5. Review questions.</li> </ol>		<ul style="list-style-type: none"> <li>• Functional and chemical properties of ingredients – raising agents</li> </ul>	
12	To demonstrate your ability to follow a recipe independently and efficiently when making Swiss roll.	<b>Make – swiss roll</b> Extension: Questions and task on recipe	Ingredients Recipes		Time management Whisking Shaping
<b>CHRISTMAS HOLIDAY</b>					
13	To understand a range a of techniques used in the preparation of desserts.	<b>Austrian foods and desserts:</b> <ol style="list-style-type: none"> <li>1. Starter – knowledge organizer quiz</li> <li>2. Discussion and information about Austrian desserts and techniques</li> </ol>		<ul style="list-style-type: none"> <li>• International cuisine</li> <li>• Presentation skills</li> </ul>	

	To know the origins of 2 Austrian desserts.	used in the preparation of desserts. 3. Demo – Florentines 4. Task 5. Review questions.			
14	To demonstrate your ability to follow a recipe independently and efficiently when making Florentines.	<b>Make – florentines</b> Extension: Questions and task on recipe	Ingredients Recipes		Time management Chopping Melting Shaping Presentation
15	To understand the process of denaturation and coagulation and be able to identify 3 products made using these processes.	<b>Denaturation and coagulation:</b> 1. Starter – questions 2. Discussion about denaturation and coagulation process. 3. Task – on denaturation and coagulation. 4. Demo – meringue 5. Review questions		<ul style="list-style-type: none"> <li>• Functional and chemical properties of proteins.</li> <li>• Coagulation</li> <li>• Denaturation</li> </ul>	
16	To demonstrate your ability to follow a recipe independently and efficiently when making meringue.	<b>Make – Meringue</b> Extension: Questions and task on recipe	Ingredients Recipes		Time management Whisking Piping
17	To understand the role of vitamins and minerals in our diet and know a range of sources of vitamins and minerals	<b>Vitamins and minerals:</b> 1. KO quiz 2. Discussion on vitamins and minerals 3. Demo – lemon cake 4. Vitamins and minerals task 5. Review questions	Power point Worksheets	<ul style="list-style-type: none"> <li>• Micronutrients</li> <li>• Sources of vitamins and minerals</li> <li>• Function of vitamins and minerals.</li> </ul> <p>Result of excess/deficiency.</p>	
18	To demonstrate your ability to follow a recipe independently and	<b>Make – Lemon cake</b> Extension: Questions and task on recipe	Ingredients Recipes		Time management Making a batter Baking

	efficiently when making lemon cake.				
19	To understand the role of breakfast in a healthy diet and be able to explain traditional breakfasts from at least 4 countries.	<b>Breakfast:</b> <b>Breakfast:</b> <ol style="list-style-type: none"> <li>1. KO quiz</li> <li>2. Discussion on breakfasts from around the world</li> <li>3. Demo – Hash browns</li> <li>4. Breakfast task</li> </ol> Review questions	Power point Worksheets	<ul style="list-style-type: none"> <li>• Understanding different cuisine and traditions.</li> <li>• Nutritional benefit of eating a balanced breakfast.</li> </ul>	
<b>HALF TERM</b>					
20	To demonstrate your ability to follow a recipe independently and efficiently when making Hash browns.	<b>Make – Hash browns</b> Extension: Questions and task on recipe	Ingredients Recipes		Time management Chopping Grating Shaping Baking
21	To understand the function and origins of pasties. To understand 3 different types of pastry (puff, choux, shortcrust)	<b>Pastry:</b> <ol style="list-style-type: none"> <li>1. Starter – Knowledge organizer quiz</li> <li>2. Discussion about pastry and explain different types of pastry (puff, choux, shortcrust) and task</li> <li>3. Demo – Eccles cakes</li> <li>4. Task</li> </ol> Review questions.	Power point Worksheets	<ul style="list-style-type: none"> <li>• Understanding different types of pastry and for which products these are appropriate</li> </ul>	
22	To demonstrate your ability to follow a recipe independently and efficiently when making Eccles cakes.	<b>Make – Eccles cakes</b> Extension: Questions and task on recipe	Ingredients Recipes		Time management Working with pastry Shaping Melting
23	To understand 3 different cooking methods and be able to explain where these would be appropriate.	<b>Cooking methods:</b> <ol style="list-style-type: none"> <li>1. Starter – Knowledge organizer quiz</li> <li>2. Information on cooking methods and task.</li> <li>3. Demo – Granola bars</li> <li>4. Review questions.</li> </ol>	Power point Worksheets	<ul style="list-style-type: none"> <li>• Different cooking methods</li> </ul>	

24	To demonstrate your ability to follow a recipe independently and efficiently when making granola bars.	Make – Granola bars	Ingredients Recipes		Time management Melting Baking
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**EASTER HOLIDAY**

**Additional optional practical tasks:**

**International:**

- Garlic flatbread
- French bread
- Pasta dish
- Fruit turnover
- Veggie burgers

**UK:**

- Eccles cake
- Hash brown
- Eton Mess
- Lemon cake
- Granola bar/flapjack
- Yorkshire pudding
- Jam roly poly
- Honey cake

## Adapted planning after returning from maternity leave:

Fortnight beginning	Objective	Lesson content	Resources	Knowledge linked to specification	Practical skills
17 <sup>th</sup> April	To understand a range of different pastries and product they make.	<ol style="list-style-type: none"> <li>1. Expectations in food lessons.</li> <li>2. Pastry making – tips and different types of pastry. Discussion and mind mapping task.</li> <li>3. Indian cuisine – collecting information and creating a revision resource.</li> <li>4. Video for next make</li> <li>5. Reflection questions.</li> </ol>	<ul style="list-style-type: none"> <li>• PPT</li> <li>• Books</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Chemical and function properties of ingredients</li> <li>• International cuisine</li> </ul>	
1 <sup>st</sup> May	To be able to make samosas successfully and independently, understanding the role of glazing when using pastry.	Follow a recipe to make samosas.	<ul style="list-style-type: none"> <li>• Recipes</li> <li>• Ingredients</li> <li>• Equipment</li> </ul>		<ul style="list-style-type: none"> <li>• Chopping</li> <li>• Time management</li> <li>• Following a recipe</li> <li>• Selecting correct equipment.</li> </ul>
15 <sup>th</sup> May	To understand the 3 categories of raising agents .	<ol style="list-style-type: none"> <li>1. Starter – name those ingredients</li> <li>2. What is a raising agent? Discussion.</li> <li>3. Mind mapping task</li> <li>4. Watch video for next make.</li> <li>5. Reflection questions.</li> </ol>	<ul style="list-style-type: none"> <li>• Range of raising agents and which products they are suitable for.</li> </ul>	<ul style="list-style-type: none"> <li>• Functional and chemical properties of ingredients.</li> </ul>	
5 <sup>th</sup> June	To be able to make swiss roll successfully and independently, understanding the role of air as a raising agent.	Follow a recipe to make Swiss roll	<ul style="list-style-type: none"> <li>• Recipes</li> <li>• Ingredients</li> <li>• Equipment</li> </ul>		<ul style="list-style-type: none"> <li>• Time management</li> <li>• Following a recipe</li> <li>• Selecting correct equipment</li> <li>• Whisking</li> </ul>

					<ul style="list-style-type: none"> <li>• Shaping</li> </ul>
19 <sup>th</sup> June		<ol style="list-style-type: none"> <li>1. How much sugar? Starter task</li> <li>2. The effects of too much sugar. Discussion.</li> <li>3. What Is diabetes? Discussion.</li> <li>4. Task – using diabetes website to plan a weeks meals which are suitable for someone who is diabetic.</li> <li>5. Video for next make</li> <li>6. Reflection questions.</li> </ol>	<ul style="list-style-type: none"> <li>• Ppt</li> <li>• Computers</li> <li>• Meal planning sheet shared on Teams.</li> </ul>	<ul style="list-style-type: none"> <li>• Nutritional needs</li> <li>• Special dietary requirements and food health related conditions.</li> </ul>	
3 <sup>rd</sup> July	To be able to make fruit turnover successfully and independently, understanding how this recipe could be adapted to avoid food waste.	Follow a recipe to make fruit turnover	<ul style="list-style-type: none"> <li>• Recipes</li> <li>• Ingredients</li> <li>• Equipment</li> </ul>		<ul style="list-style-type: none"> <li>• Time management</li> <li>• Following a recipe</li> <li>• Selecting correct equipment</li> <li>• Chopping</li> </ul>