

## Year 8 Food Scheme of Work – Cultural Foods 18 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

Unit 1									
Week	1	2	3	4	5	6	7	8	9
<b>Big Ideas (key concepts)</b>	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	To demonstrate your ability to follow a recipe independently and efficiently when making Fajitas.	To understand the purpose and function of gluten in a bread dough recipe.	To demonstrate your ability to follow a recipe independently and efficiently when making pizza with a dough base.	To understand the ratio and purpose/function of ingredients in a pastry recipe.	To demonstrate your ability to follow a recipe independently and efficiently when making samosas. To recall ratio of ingredients in a pastry dough.	To understand 3 different cooking methods and be able to explain where these would be appropriate.	To demonstrate your ability to follow a recipe independently and efficiently when making spring rolls, explaining the 3 different cooking methods learned previously.	To understand the process of coagulation and explain 3 recipes where this process would take place.
<b>Lesson Topics Sequence</b>	<b>INTERNATIONAL FOODS:</b> Starter – identify Mexican foods on ppt Introduction to food lessons and recap on food safety, explanation of what will be covered in food lessons this term. Mexican foods – information on power point and then task using fact sheet. Demo – fajitas	Make – fajitas Extension: Questions and task on recipe	<b>Italian foods and the purpose of gluten:</b> Starter – Knowledge organizer quiz Introduction to lesson and information on the function and purpose of gluten in bread dough. Demo – pizza with dough base, linked to discussion on Italian foods.	Make – Pizza with dough base Extension: Questions and task on recipe	<b>Indian foods and the function/structure of puff pastry:</b> Starter – Knowledge organizer quiz Information and discussion on pastry ingredients and reason for ratio of butter/flour. Demo – samosas linked to discussion on Indian foods.	Make – samosas Extension: Questions and task on recipe	<b>Chinese foods and different cooking methods:</b> Starter – Knowledge organizer quiz Information on cooking methods and link to Chinese foods. Demo – Spring rolls Task on cooking methods and Chinese foods. Review questions.	Make – spring rolls Extension: Questions and task on recipe	<b>French foods and coagulation:</b> Starter – knowledge organizer quiz Explanation of coagulation, linking to example dishes. Demo – crepes and discussion about French foods. Task – coagulation and French foods. Review questions.

	Summary question for each row before leaving.		Worksheet on gluten Recap questions.		Task on Indian foods and pastry. Review questions.				
<b>Key Resources</b>	Power point Fact sheets Worksheets Ingredients for demo of fajitas	Ingredients Recipes	Ingredients Recipes	Ingredients Recipes	Ingredients Recipes Powerpoint Worksheets	Ingredients Recipes	Ingredients Recipes Powerpoint Worksheets	Ingredients Recipes Powerpoint Worksheets	Ingredients Recipes Powerpoint Worksheets
<b>Key learning and skills</b>	Food safety Time management International cuisine Macro and micro nutrients	Time management Chopping Frying	International cuisine Functional and chemical properties of ingredients - Gluten formation Sauce making	Time management Mixing Kneading Shaping Proving	International cuisine Functional and chemical properties of ingredients – ratio of ingredients	Time management Chopping Frying Shaping Glazing	International cuisine Different cooking methods	Time management Chopping Frying Shaping Glazing Baking t	International cuisine Coagulation – process and effects
<b>WK</b>	10	11	12	13	14	15	16	17	18
<b>Big Ideas (key concepts)</b>	To demonstrate your ability to follow a recipe independently and efficiently when making crepes whilst correctly identifying the process (coagulation)	To understand the role and importance of fibre in the diet.	To demonstrate your ability to follow a recipe independently and efficiently when making sweet potato chips.	To reflect on your learning so far this year and demonstrate through assessment.	To demonstrate your ability to follow a recipe independently and efficiently when making Welsh cakes.	To understand the function and origins of pasties. To understand 3 different types of pastry (puff, choux, shortcrust)	To demonstrate your ability to follow a recipe independently and efficiently when making vegetable pasties.	To understand 3 different raising agents and explain where each raising agent would be appropriate.	To demonstrate your ability to follow a recipe independently and efficiently when making apple cake
<b>Lesson Topics Sequence</b>	Make – crepes Extension: Questions and task on recipe	<b>South American foods and fibre</b> Starter – Knowledge organizer quiz Discussion and information about fibre	Make – sweet potato chips Extension: Questions and task on recipe	Assessment questions on learning so far (International foods and macro/micro nutrients) Half a lesson.	Make – Welsh cakes Extension: Questions and task on recipe	<b>History of pasties in Cornwall and different types of pastry:</b> Starter – Knowledge organizer quiz Discussion about the history of pasties in	Make – Veg pasty Extension: Questions and task on recipe	<b>History of Dorset apple cake and raising agents:</b> Starter – knowledge organizer quiz Discussion and information about	Make – apple cake Extension: Questions and task on recipe

		Demo – sweet potato chips, linked to discussion about foods from South America Task – fibre Review questions.		<b>UK REGIONAL FOODS:</b> Introduce topic and demo Welsh cakes		Cornwall, recap on pastry and explain different types of pastry (puff, choux, shortcrust) Demo – Veg pasty Task Review questions.		raising agents and history of apple cake. Demo – Apple cake Task Review questions.	
<b>Key Resources</b>	Ingredients Recipes PowerPoint Worksheets	Ingredients Recipes PowerPoint Worksheets	Ingredients Recipes PowerPoint Worksheets	Ingredients Recipes PowerPoint Worksheets	Ingredients Recipes PowerPoint Worksheets	Ingredients Recipes PowerPoint Worksheets	Ingredients Recipes PowerPoint Worksheets	Ingredients Recipes PowerPoint Worksheets	Ingredients Recipes PowerPoint Worksheets
<b>Key learning and skills</b>	Time management Mixing Coagulation Frying	International cuisine Fibre within carbohydrates	Time management Chopping Seasoning Baking	Regional cuisine Review learning so far	Time management Mixing Rolling Cutting Glazing	Regional cuisine Types of pastry	Time management Chopping Frying Shaping Glazing	Regional cuisine Functional and chemical properties of ingredients – raising agents	Time management Mixing Chopping Baking

**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