









YEAR 8 FOOD AND NUTRITION CURRICULUM OVERVIEW



Below is an overview of what the curriculum for Food and Nutrition will look like this year:

TERM ONE
KNOWLEDGE
<ul style="list-style-type: none"> • Meat – provenance, nutrition, categories • Fish – provenance, nutrition, categories • Protein – structure, source, function, categories, deficiency • Vegetarians and Vegans • Alternative Proteins 
SKILLS
<ul style="list-style-type: none"> • Meat Preparation • Stir Frying • Fish Preparation • Roasting • Panne • Dovetailing 
DEVELOPING PRIOR LEARNING
<ul style="list-style-type: none"> • Batter • Layering • Safe use of a knife, bridge hold, claw grip • Reduction sauce • Protein function • Safe use of oven, grill and hob • Boiling, simmering • Weighing / Measuring 

TERM TWO
KNOWLEDGE
<ul style="list-style-type: none"> • Food processing chains • Protein Coagulation • British and International Cuisines 
SKILLS
<ul style="list-style-type: none"> • Starch Gelatinisation • Marinating • Skewering • Blended saucemaking • Gelatinised Saucemaking • Protein coagulation 
DEVELOPING PRIOR LEARNING
<ul style="list-style-type: none"> • Protein • Hob control • Safe use of a knife, bridge hold, claw grip • Reduction sauce • Safe use of the hob, oven and grill • Rubbing in • Shallow frying • Portioning • Layering • Rolling • Finishing techniques - shaping • Finishing techniques – glazing • Weighing / Measuring 

TERM THREE
KNOWLEDGE
<ul style="list-style-type: none"> • Nutritional needs through life • Iron and Calcium • Commodity: Cereals (Wheat, Oats, Rice) 
SKILLS
<ul style="list-style-type: none"> • Shaping and binding wet mixtures • Finding and considering recipes • Nutritional analysis • Timeplan • Using chemical raising agent 
DEVELOPING PRIOR LEARNING
<ul style="list-style-type: none"> • Meal Planning to a context • Sequencing and dovetailing • Protein sources • Weighing / Measuring • Safe use of the hob, grill and oven • Blended and reduction saucemaking • Roasting • Knife skills • Rolling • Layering • Judge consistency • Portioning • Finishing techniques - shaping 