

| Year 8 - Half-Term 1 Learning Intentions | Lesson 1   | Lesson 2  | Lesson 3   |
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|  | <ul style="list-style-type: none"> <li>To look at the journey our food takes.</li> <li>To understand the term 'food mile'.</li> <li>To understand factors that can affect food choice (seasonality, fairtrade).</li> </ul> | <ul style="list-style-type: none"> <li>To look at the benefits of following the Eatwell Guide.</li> <li>To understand the government guidelines for healthy eating.</li> <li>To understand what obesity is and why it is a global issue.</li> </ul>   | <p><b>Practical Lesson- Tomato &amp; Pepper Pasta</b></p> <ul style="list-style-type: none"> <li>To demonstrate the safe use of a knife.</li> <li>To demonstrate the two cutting techniques of the bridge and claw.</li> <li>Demonstrate the use of a hand-held blender.</li> <li>To follow the recipe and method for the making of this pasta.</li> </ul> |
|  | <b>Lesson 4</b>  | <b>Lesson 5</b>   | <b>Lesson 6</b>  |
|  | <ul style="list-style-type: none"> <li>To understand the term 'food provenance'.</li> <li>To debate organic VS non-organic farming methods.</li> </ul>   | <p><b>Practical Lesson- Spanish Omelette</b></p> <ul style="list-style-type: none"> <li>To demonstrate the safe use of a knife.</li> <li>To demonstrate the two cutting techniques of the bridge and claw.</li> <li>Demonstrate the use of the hob and the grill as a heat transfer method.</li> <li>To follow the recipe and method for the making of a Spanish omelette.</li> </ul> | <ul style="list-style-type: none"> <li>To understand why we use different heat transfer methods when cooking.</li> <li>Look at the reasons why we cook foods.</li> <li>How to maintain the nutritional value of foods.</li> </ul>  |
|  | <b>Lesson 7</b>  | <b>Lesson 8</b>   |  |
|  | <b>Practical Lesson- Spaghetti Bolognese</b>   | <ul style="list-style-type: none"> <li>To understand the sources and functions of protein in the diet.</li> </ul>   |  |

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|  | <ul style="list-style-type: none"><li>• To demonstrate the safe use of a knife.</li><li>• To demonstrate the two cutting techniques of the bridge and claw.</li><li>• Demonstrate the use of the hob (convection and conduction) as methods of heat transfer.</li><li>• To follow the recipe and method for the making of Spaghetti Bolognese</li></ul> | <ul style="list-style-type: none"><li>• Why the body needs protein as a macronutrient.</li><li>• To understand how much protein is needed in the diet.</li></ul> |  |
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