

Food Preparation & Nutrition - Year 8

Learning Intentions Spring Term 2

2024-2025

	LESSON 1
WEEK 22 wc 24 th February	<ul style="list-style-type: none"> To look at the benefits of following the Eatwell Guide. To understand the government guidelines for healthy eating. To understand what obesity is and why it is a global issue.
WEEK 23 wc 3 rd March	<p>Practical Lesson- Tomato & Pepper Pasta</p> <ul style="list-style-type: none"> To demonstrate the safe use of a knife. To demonstrate the two cutting techniques of the bridge and claw. Demonstrate the use of a hand-held blender. To follow the recipe and method for the making of this pasta.
WEEK 24 wc 10 th March	<ul style="list-style-type: none"> To understand the term 'food provenance'. To debate organic VS non-organic farming methods.
WEEK 25 wc 17 th March	<p>Practical Lesson- Spanish Omelette</p> <ul style="list-style-type: none"> To demonstrate the safe use of a knife. To demonstrate the two cutting techniques of the bridge and claw. Demonstrate the use of the hob and the grill as a heat transfer method. To follow the recipe and method for the making of a Spanish omelette.
WEEK 26 wc 24 th March	<ul style="list-style-type: none"> To understand why we use different heat transfer methods when cooking. Look at the reasons why we cook foods. How to maintain the nutritional value of foods.
WEEK 27 wc 31 st March	<p>Practical Lesson- Spaghetti Bolognese</p> <ul style="list-style-type: none"> To demonstrate the safe use of a knife. To demonstrate the two cutting techniques of the bridge and claw. Demonstrate the use of the hob (convection and conduction) as methods of heat transfer. To follow the recipe and method for the making of Spaghetti Bolognese