

Year 8 Learning Journey Food 2023-2024

Key Constructs						
Nutrition	Provenance	Food choice	Food safety	Food science	Food in industry	Cooking and preparation

Week	Date	Topic	Assessment
1(Wed)	4.09.23	Introduction, sticking in LJs, ATs, KCs etc Baseline assessment Yr 7	Yr 7 recall
2	11.09.23	Intro to British Foods, the term 'Traditional'. History of British Food Time-line. Food laws	
3	18.09.23	Demo Scones (rubbing in, dough, rolling, cutting, oven) Challenge: types, serving ideas. Plan	
4	25.09.23	Make scones. Evaluation	
5	02.10.23	Demo Cornish Pasty (rubbing in, dough, rolling out, filling, shaping, crimping, oven, glazing) – Challenge: filling, size, crimp. History of - Cornish mines, crust, today. Plan	
6	9.10.23	Make Pasties. Evaluation	
7	16.10.23	Nutrition revisit. Consider past V present. Comparison and reflection. Food Choice test	Food Choice British
Half term			
8	30.10.23	Food Waste & Security. Demo Bread & Butter Pud (leftovers, layering, oven) Challenge: bread, flavours. Scientific: Dextrinisation, caramelisation, denaturation, coagulation. Plan	
9	6.11.23	Make Bread and Butter Pudding	
10	13.11.23	Why food is cooked. Methods of heat transfer – Conduction, Convection and Radiation.	
11	20.11.23	Demo of a traditional fry up (frying, hob, timing, cross-contamination) Make breakfast fry up	
12	27.11.23	RAP Food choice qu. Heat Transfer Question. Selecting appropriate cooking methods. Conserving nutritional value Data drop for books	Heat Transfer
13	4.12.23	Fast Foods – ads and disads. Demo McChicken Sandwich & Wedges (pane, cross contamination, oven, knife skills). Challenge: bread, potato, salad. Scientific: Denaturation. Plan.	
14	11.12.23	Make homemade McChicken Sandwich and wedges.	
CHRISTMAS			
15(Tue)	2.01.24	RAP Heat Transfer Contingency	
16	8.01.24	Nutrition links to BMR, PAL, OBESITY, BMI. Nutrition and ingredient links – fast food V homemade –Future? How can we impact the obesity crisis? Nutrition test	Nutrition
17	15.01.24	RAP Nutrition. Types of service.	
18	22.01.24	International Cuisine. Reflect on why we eat certain foods. Link to traditional and British Foods. Brainstorm food from other countries. Consider Herbs and Spices	
19	29.01.24	Introduce India as focus country 1. Research India	
20	5.02.24	Demo and class make naan breads. (Yeast recap, kneading, shaping, method of heat transfer)	
Half term			
21	19.02.24	The senses. Taste test of naan with dips for tongue	
22	26.02.24	What is food poisoning? Types. How to buy, store and cook food safely. Food Choice test	Food Choice India
23	4.03.24	Demo curry (cross-contamination, knives, hob, frying, simmering). Challenge: Meat, veg. Plan	
24	11.03.24	Make curry	
25	18.03.24	Jenny Ridgewell – Curry nutrition evaluation assessment Data drop for books	Evaluation
26	27.03.24	RAP Evaluation Qu How does religion impact on food choice?	
EASTER			
27	17.04.24	Exam Prep	
28	24.04.24	Exam	Annual Exam
29 (BH)	02.05.24	Option choices and careers in food Contingency	
30	08.05.24	Introduce Italy as focus country 2. Research Italy	
31	15.05.24	Demo lasagne (layering, cross-contamination, frying, knives). Challenge: Cheeses, veg. Plan	
32	22.05.24	Make lasagne	
Half term			
33	05.06.24	RAP/ addressing misconceptions	
34	12.06.24	Research country of choice – image board, analysis. Plan dish to make from country of choice.	

35	19.06.24	Make dish of choice (Independence , organisation)– Challenge	Practical
36	23.06.24	RAP Practical. Evaluation and reflection of dish from a country of choice	
37	03.07.24	Data drop for books Factors affecting food choice. Revisit KOs and key constructs	
38	10.07.24	Contingency	
39	17.07.24	Activities week	

<b>Name:</b>		<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>Subject Target</b>		<b>Flightpath</b>		
<b>Annual Exam Grade:</b>		<b>BFL</b>		

Assessments								
Date	Assessment	Grade	Date	Assessment	Grade	Date	Assessment	Grade
Aut 1	Baseline-Nutrition		Spr 2	Food Choice - India		Sum 1 Annual Exam All KC		
Aut 1	Food Choice - Britain		Spr 2	Evaluation				
Aut 2	Heat Transfer		Sum 2	Practical				
Spr 1	Nutrition							

## YR 8 KEY CONSTRUCTS for FOOD

### NUTRITION

Basal metabolic rate (BMR) and physical activity level (PAL) determine energy requirements in order to maintain a healthy body weight throughout life

### FOOD PROVENANCE/ ENVIRONMENTAL ISSUES

Foods come from a range of sources; grown, reared, or caught

Processing affects the sensory and nutritional properties of ingredients

### FOOD CHOICES/ DISH PROPOSAL

Sensory perception guides the choices that people make through taste receptors and olfactory systems

There are a range of factors that influence food choices, including enjoyment, preferences, seasonality, costs, availability, time of day, activity, celebration, or occasion

British Foods and International cuisine are different due to their distinctive features, characteristics, traditional and modern variations of recipes, cooking methods, presentation and eating patterns

### FOOD SAFETY

### FOOD SCIENCE

The working characteristics, functional and chemical properties of ingredients can be altered to achieve a particular result

Heat is transferred to food through conduction, convection and radiation

There are a range of cooking methods that impact on food

### FOOD IN INDUSTRY

### COOKING AND FOOD PREPARATION

There are a range of skills and processes that must be mastered

- consider the influence of lifestyle and consumer choice when developing meals and recipes
- consider nutritional needs and food choices when selecting recipes, including when making decisions about the ingredients, processes, cooking methods and portion sizes
- develop the ability to review and make improvements to recipes by amending them to include the most appropriate ingredients, processes, cooking methods and portion sizes
- manage the time and cost of recipes effectively
- use their testing and sensory evaluation skills, adjusting where needed, to improve the recipe during the preparation and cooking process
- explain, justify and present their ideas about their chosen cooking methods to others
- make decisions about which techniques are appropriate based on their understanding of nutrition, food, different culinary traditions and cooking and food preparation content in order to achieve their intended outcome. They should be able to carry out these techniques safely and combine them into appealing meals whilst evaluating the results.

### KEY WORDS

Traditional  
Umami  
Shortening  
Glazing  
Cuisine  
Conduction  
Dextrinisation  
Caramelisation  
Food Security

Convection  
Radiation  
Basal Metabolic Rate  
Body Mass Index  
Physical Activity Level  
Obesity  
Denaturation  
Coagulation  
Food Waste