

Year 8 Learning Journey Food 2024-2025

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

Week	Date	Topic	Assessment
1(Thu)	05.09.24	Introduction, sticking in LJs, ATs, KCs etc Baseline assessment Yr7 and RAP	Yr7 recall TEST
2	09.09.24	Intro to British Foods, the term 'Traditional'. History of British Food Timeline. Food laws	
3	16.09.24	Demo Scones (rubbing in, dough, rolling, cutting, oven) Challenge: types, serving ideas. Plan	ILT 1
4	23.09.24	Make scones. Evaluation	
5	30.09.24	Demo Cornish Pasty (filling, shaping, crimping, oven, glazing) – Challenge: filling, size, crimp. History of - Cornish mines, crust, today. Plan	ILT 2
6	07.10.24	Make Pasties. Evaluation	
7	14.10.24	Nutrition revisit. Consider past V present. Comparison and reflection.	
8	21.10.24	<b>Food Choice Test</b>	Food Choice TEST
Half term			
9	04.11.24	Food Waste & Security. Demo Bread & Butter Pud (leftovers, layering, oven) Challenge: bread, flavours. Scientific: Dextrinisation, caramelisation, denaturation, coagulation. Plan	
10	11.11.24	Make Bread and Butter Pudding	
11	18.11.24	Why food is cooked. Methods of heat transfer – Conduction, Convection and Radiation. Plan eggy bread practical	ILT 3
12	25.11.24	Eggy bread challenge practical (Presentation, frying, hob, timing, cross-contamination)	
13	02.12.24	<b>RAP Food Choice Test. Food Science Test.</b> Selecting appropriate cooking methods. Conserving nutritional value	Food Science TEST
14	09.12.24	Fast Foods – ads & disads. Demo McChicken Sandwich & Wedges (pane, cross contamination, oven, knife skills). Challenge: bread, potato, salad. Scientific: Denaturation. Plan.	ILT 4
15	16.12.24	Make homemade McChicken Sandwich and wedges.	
Christmas			
16	06.01.25	<b>RAP Food Science Test.</b> Nutrition links to BMR, PAL, OBESITY, BMI. Nutrition and ingredient links – fast food V homemade –Future? How can we impact the obesity crisis?	ILT 5
17	13.01.25	<b>Nutrition test.</b> Types of service.	Nutrition TEST
18	20.01.25	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	27.01.25	<b>RAP Nutrition Test.</b> Introduce India as focus country 1. Research India	ILT 6
20	03.02.25	Demo and class make naan breads. (Yeast recap, kneading, shaping, method of heat transfer)	
21	10.02.25	The senses. Taste test of naan with dips for tongue	
Half term			
22	24.02.25	What is food poisoning. Types. How to buy, store and cook food safely. <b>Food Choice test</b>	Food Choice TEST
23	03.03.25	Demo curry (cross-contamination, knives, hob, frying, simmering). Challenge: Meat, veg. Plan	ILT 7
24	10.03.25	Make curry	
25	17.03.25	Jenny Ridgewell – Curry <b>Nutrition Evaluation Test</b>	Nutrition TEST
26	24.03.25	<b>RAP Food Choice and Nutrition Test.</b> How does religion impact upon food choice?	
27	31.03.25	Exam Prep	ILT 8
Easter			
28 (BH)	21.04.25	<b>Exam</b>	Annual Exam TEST
29	28.04.25	Option choices and careers in food. Contingency	
30 (BH)	06.05.25	Introduce Mexico as focus country 2. Research Mexico	
31	12.05.25	Demo Nachos (layering, frying, knives). Challenge: Cheeses, veg, sauces, beans. Plan	

32	19.05.25	Make Nachos. Evaluate Nachos -nutrition	
Half term			
33	02.06.25	<b>RAP Annual Exam/</b> addressing misconceptions	
34	09.06.25	Introduce task title. Analyse. Consider target market. Research chosen country	
35	16.06.25	Plan dish to make from country of choice.	
36	23.06.25	Make dish of choice (Independence , organisation)– Challenge. <b>Cooking Test</b>	Cooking – TEST
37	30.06.25	<b>RAP Practical test.</b> Evaluation and reflection of dish from a country of choice	
38	07.07.25	Factors affecting food choice. Revisit KOs and key constructs	
39	14.07.25	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>		

Date	Assessment	Grade	Date	Assessment	Grade
Aut 1	Baseline		Spr 2	Food Choice – Indian Cuisine	
Aut 1	Food Choice – British Foods		Spr 2	Nutrition – Evaluation Curry	
Aut 2	Food Science – Heat Transfer		Sum 2	Cooking – Dish from another country	
Spr 1	Nutrition – Energy balance				

### YR 8 KEY CONSTRUCTS for FOOD

## NUTRITION

Basal metabolic rate (BMR) and physical activity level (PAL) determine energy requirements 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 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