

## Year 8 Rotation 1 Food, Preparation and Nutrition Learning Journey 2019-2020

W	Date	Covering the <b>Key Constructs</b> – 2 x 9 week rotations	N	FP	FC	CFP		Assessment
1	07.09.20	Setting up folders, Introduction to British Foods and what Traditional means. History of British Food Timeline , Demo Scones – History of – Scottish, rubbing in method, today – traditional cream tea – today posh?! Clotted cream – Devon link – serving with jam, addition of fruit. Food provenance – flour and clotted cream. Planning to make Introduce Homework					British Foods	Pre-assess
2	14.09.20	Scones – served with clotted cream and a cup of tea – deliver to a teacher of their choice? Evaluation						
3	21.09.20	Discuss the Cornish Pasty – History of – Cornish – mines, crust, today. Pasty demonstration, Planning to make Past V Today discussion, video clips, BMR, PAL, OBESITY, BMI – Definitions of the key words and how they link together, Analysis						
4	28.09.20	Cornish Pasties - short crust pastry, glazing, oven, challenge = choice of filling, glaze, shape, size. Evaluation						
5	05.10.20	Methods of heat transfer – discussion and note taking. Demonstration of a traditional fry up – link to methods of heat transfer and why not as good today linked to PAL etc. Plan breakfast dish of choice						
6	12.10.20	Heat Transfer Question Make breakfast dish of choice Reflection questions on BMI etc						Teacher Assessment <b>AO1</b> Heat Transfer
7	19.10.20	Discussion on Fast Foods – advantages and disadvantages. McDonalds!! Demo McChicken Sandwich. Planning to make						
8	02.11.20	Make homemade McChicken Sandwich and wedges. Reflection of homemade version.						Teacher Assessment <b>AO1-4</b> Project
9	09.11.20	Nutrition and ingredient links – fast food V homemade – which is better and why? Key learning on Past V today – where are we headed? Future? Feedback, WWW, EBI						

1	08.02.21	Introduction to International Cuisine, Reflect on why eat certain foods. Link back to traditional and British Foods, Brainstorm food from other countries, Introduce India as focus country, Watch and take notes on India street foods Discuss Rice and Naan breads – types, food provenance. Demo making a naan bread. Planning to make – Peshwari, Garlic, Coriander					Inter-national Cuisine	
2	22.03.21	Making naan breads. Analysis of nutrition of Naan breads						
3	01.03.21	Taste test of naan with dips for- tongue. Demonstration of curry – history of - flavours. Planning to make						
4	08.03.21	Class to make curry – cross-contamination, flavouring, pastes, spices, frying oven, Challenge= addition of naan bread, curry from scratch, dips, Evaluation						
5	15.03.21	Revisit nutrition Revisit PAL, BMR etc Naan bread nutrition question						Peer Assessment <b>AO2</b> Nutrition
6	22.03.21	Year 8 EOYE Intro to foods from another country – video clips, Exeter world food market						Teacher Assessment <b>AO1</b> EOYE
7	29.03.21	Research country of choice – image board, analysis, Plan dish to make of choice from country of choice						
8	19.04.21	Make dish of choice – independence – open choice – Challenge= pushing skills, choosing a dish never made before						Teacher Assessment <b>AO1-4</b> Project
9	26.04.21	RAP EOYE Feedback, WWW, EBI						
10	04.05.21							

## Year 8 Rotation 2 Food, Preparation and Nutrition Learning Journey 2019-2020

W	Date	Covering the <b>Key Constructs</b> – 2 x 9 week rotations	N	FP	FC	CFP		Assessment
1	16.11.20	Setting up folders, Introduction to British Foods and what Traditional means. History of British Food Timeline , Demo Scones – History of – Scottish, rubbing in method, today – traditional cream tea – today posh?! Clotted cream – Devon link – serving with jam, addition of fruit. Food provenance – flour and clotted cream. Planning to make Introduce Homework					British Foods	Pre-assess
2	23.11.20	Scones – served with clotted cream and a cup of tea – deliver to a teacher of their choice? Evaluation						
3	30.11.20	Discuss the Cornish Pasty – History of – Cornish – mines, crust, today. Pasty demonstration, Planning to make Past V Today discussion, video clips, BMR, PAL, OBESITY, BMI – Definitions of the key words and how they link together, Analysis						
4	07.12.20	Cornish Pasties - short crust pastry, glazing, oven, challenge = choice of filling, glaze, shape, size. Evaluation						
5	14.12.20	Methods of heat transfer – discussion and note taking. Demonstration of a traditional fry up – link to methods of heat transfer and why not as good today linked to PAL etc. Plan breakfast dish of choice						
6	04.01.21	Heat Transfer Question Make breakfast dish of choice Reflection questions on BMI etc						Teacher Assessment <b>AO1</b> Heat Transfer
7	11.01.21	Discussion on Fast Foods – advantages and disadvantages. McDonalds!! Demo McChicken Sandwich. Planning to make						
8	18.01.21	Make homemade McChicken Sandwich and wedges. Reflection of homemade version.						Teacher Assessment <b>AO1-4</b> Project
9	25.01.21	Nutrition and ingredient links – fast food V homemade – which is better and why? Key learning on Past V today – where are we headed? Future? Feedback, WWW, EBI						
10	01.02.21							

1	10.05.21	Introduction to International Cuisine, Reflect on why eat certain foods. Link back to traditional and British Foods, Brainstorm food from other countries, Introduce India as focus country, Watch and take notes on India street foods Discuss Rice and Naan breads – types, food provenance. Demo making a naan bread Planning to make – Peshwari, Garlic, Coriander.					Inter-national Cuisine	
2	17.05.21	Making naan breads. Analysis of nutrition of Naan breads						
3	24.05.21	Taste test of naan with dips for- tongue. Demonstration of curry – history of - flavours. Planning to make						
4	07.06.21	Class to make curry – cross-contamination, flavouring, pastes, spices, frying oven, Challenge= addition of naan bread, curry from scratch, dips, Evaluation						
5	14.06.21	Revisit nutrition Revisit PAL, BMR etc Naan bread nutrition question						Peer Assessment <b>AO2</b> Nutrition
6	21.06.21	Year 8 EOYE Intro to foods from another country – video clips, Exeter world food market						Teacher Assessment <b>AO1</b> EOYE
7	28.06.21	Research country of choice – image board, analysis, Plan dish to make of choice from country of choice						
8	05.07.21	Make dish of choice – independence – open choice – Challenge= pushing skills, choosing a dish never made before						Teacher Assessment <b>AO1-4</b> Project
9	12.07.21	RAP EOYE Feedback, WWW, EBI						