



Marshall's Park Academy - Curriculum Overview



Subject: Food Preparation and Nutrition

Year Group: 8

Curriculum/Subject Leader: Mrs K Webb

Aim of the year 8 scheme of work: The main aim of this scheme of work is to enable students to develop more advanced culinary skills which include greater confidence when using a knife, reduction and roux sauces, pasta, rice, meat, pastry and yeast doughs. They will gain an understanding of the function of the main nutrient groups plus the importance of water and fibre in our diet. They will also discuss the healthy eating principles so that they can build on the ability to plan, prepare and make a range of balanced food products and composite dishes

TERM 1	TERM 2	TERM 3
Key topic 1: Food safety • Link 4c's to Food Safety and The Danger Zone Key Topic 2: Nutrition and Special Diets • The Eatwell Guide • Age Related Diets – Teenagers Key topic 3: Commodity Study - Sauces • Thickening agents and Gelatinisation • Roux sauces and reduction sauces • Spaghetti Bolognese • Macaroni Cheese • Carbonara Key topic 4: Commodity Study - Bread • Provenance • Structure • Food safety and Storage • Functional properties • Nutritional content • Bread Rolls • Plan, design, make and evaluate a balanced yeast-based pizza for a teenager. • Belgian Buns	Key topic 5: Commodity Study - Pastry • Provenance • Structure • Food safety and Storage • Functional properties • Nutritional content • Cheese and onion triangles practical • Spring rolls practical • Fruit plait practical Key topic 6: Commodity Study - Meat and Poultry • Provenance • Structure • Food safety and Storage • Functional properties • Nutritional content • Meat koftas practical • Chicken fajitas practical	Key topic 7: International Food Project • Research food from different countries. • Plan, design, make and evaluate a product from a country of choice.
KEY ASSESSMENTS	KEY ASSESSMENTS	KEY ASSESSMENTS
HALF TERM 1 - Macaroni cheese practical Mid-term written assessment. HALF TERM 2 - Pizza practical assessment Term 1 written assessment.	HALF TERM 3 – Fruit plait practical Mid-term written assessment HALF TERM 4 - Fajitas practical term 1 and term 2 written assessment.	HALF TERM 5 – Students will complete an end of year practical assessment to plan, design, make and evaluate a product from a country of their choice. HALF TERM 6 - end of year written assessment.