



Marshalls Park Academy - Curriculum Overview



Subject: Food Preparation and Nutrition

Year Group: 8

Curriculum/Subject Leader: K Jackson/K Webb

Academic Year: 2023/24

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 basic understanding of the function of the main nutrient plus the importance of water and fibre in our diet, and healthy eating principles so that they can build ability to plan, prepare and make a range of balanced food products and composite dishes

TERM 1	TERM 2	TERM 3
<p style="text-align: center;">KNOWLEDGE/SKILLS</p> <p>Key topic 1 : Food safety</p> <ul style="list-style-type: none"> • Link 4 c's to contamination • Food standards agency • Food safety Act • Availability of food <p>Key topic 2: Sauces</p> <ul style="list-style-type: none"> • Thickening agents • Roux sauces, reduction sauces <p>Key topic 3 Pizza project</p> <ul style="list-style-type: none"> • Hand of nutrition • Yeast dough bread/pizza • Food labelling- legal requirements • Allergens 	<p style="text-align: center;">KNOWLEDGE/SKILLS</p> <p>Key topic 4: Types of pastry</p> <ul style="list-style-type: none"> • Function of ingredients • Shortcrust, filo, Flaky • Pastry project <p>Key topic 5: Low risk foods</p> <ul style="list-style-type: none"> • Vegetables/classification • Potatoes • Thickening properties 	<p style="text-align: center;">KNOWLEDGE/SKILLS</p> <p>Key topic 6: High risk food</p> <ul style="list-style-type: none"> • Sources of contamination • Risks and controls • Poultry • Red meat <p>Key topic 7: International food project</p> <ul style="list-style-type: none"> • Research dishes from chosen country • Sensory qualities and nutritional content of dishes • Skills, techniques and cooking methods • Presentation • Research, plan and make achievable international dish
<p style="text-align: center;">KEY ASSESSMENTS</p> <p>HT1 - Macaroni cheese practical. –making and evaluating. Nutrition assessment HT2 - Pizza project. Plan, design, make and packaging/labelling.</p>	<p style="text-align: center;">KEY ASSESSMENTS</p> <p>HT1 - Flaky pastry fruit plait practical. HT2 - Pastry assessment; plan, design, make and evaluate and compare.</p>	<p style="text-align: center;">KEY ASSESSMENTS</p> <p>HT1 - Meat theory assessment Chicken kebab practical assessment HT2 - End of year test Students to research, plan, prepare and evaluate an international cuisine.</p>

Assessment Criteria

AO1 Demonstrate knowledge and understanding of nutrition, food, cooking and preparation

AO2 Apply knowledge and understanding of nutrition, food, cooking and preparation

AO3 Plan, prepare, cook and present dishes, combining appropriate techniques

AO4 Analyse and evaluate different aspects of nutrition, food, cooking and preparation, including food made by themselves and others