

Year 8 Autumn Term 1

What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?
<ol style="list-style-type: none"> 1. Eatwell Guide and Hydration 2. Oat cookies – melting method 3. Energy balance 4. Chicken nuggets and tomato sauce – food safety 5. Protein – functions and sources 6. Cheese straws – rubbing-in and function of ingredients 7. Lipids (fats and oils) & HT Assessment 	<ol style="list-style-type: none"> 1. Eatwell Guide and Hydration Recall facts about the Eatwell Guide. Understand why hydration is essential 2. Oat cookies – melting method Understand how to make cookies using the melting method Understand the function of ingredients Recognise the importance of and develop skills in portioning (at home) 3. Energy balance Understand why we need energy and energy sources Recognise PAL and BMR Understand energy balance 4. Chicken nuggets and tomato sauce – food safety Understand how to use the oven safely Understand the importance of the danger zone Recognise the symptoms of salmonella food poisoning Develop skills of meat cooking and coating whilst making the dish (at home) 5. Protein – functions and sources Understand the importance of protein in the diet Recognise what is meant by high and low biological value proteins Recognise the term protein complementation 6. Cheese straws – rubbing-in and function of ingredients Understand the function of flour, eggs, fats in cheese straws Develop rubbing-in, shaping and portioning whilst making the cheese straws (at home) 7. Lipids (fats and oils) & HT Assessment Understand the importance of fat in the diet Understand the effects of excess fat in the diet Complete half term assessment to demonstrate understanding 	<p>Students can:</p> <ul style="list-style-type: none"> • Review their own diet in light of the Eatwell Guide • Explain the scientific principles of function of the ingredients and how they work together to form the dishes • Explain why portioning is important • Explain energy balance and the effect on health • Be able to identify and explain the key temperatures and impact on storing, preparing, and cooking chicken • Explain why protein is essential for the diet and develop meals for a vegetarian using protein complementation • Explain the effect of saturated fats on health • Produce all dishes safely, hygienically, accurately with precision. Using the correct methods and adapt recipes to improve healthy eating. 	<p>Recipes and power points will be provided to enable students to make the dishes at home.</p>