

Year 8 Autumn Term 2

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. Carbohydrates 2. Cheese straws practical 3. Fats and oils (lipids) 4. Flavoured bread practical 5. Micronutrients – minerals 6. Pasta bake practical 7. Micronutrients - minerals 	<ol style="list-style-type: none"> 1. Carbohydrates & reintroduce to the food room Types and functions in our diet and sources Characteristics of carbohydrates e.g. dextrinization caramelisation, gelatinisation 2. Cheese straws – rubbing-in and function of ingredients Develop rubbing-in, shaping and portioning whilst making the cheese straws Safe use of the oven 3. Functions of ingredients and assessment 4. Flavoured quick bread buns – Developing kneading, shaping, adaptation Safe use of the oven function of ingredients 5. Fats and oils (lipids) Types, functions and sources in our diet 6. Pasta bake Developing skills in starch-based sauce making Safe use of the hob and oven Process of gelatinisation 7. Micronutrients – minerals Types and functions and sources in our diet 	<p>Students can –</p> <p>Explain (using scientific language) the function of ingredients in relation to recipes they have made. For example, e.g. gelatinisation – the starch particles absorb liquid, expand at 60°C</p> <p>Understand and recall the 5 nutrients, their properties, functions, and sources of different nutrients in food.</p> <p>Produce all dishes safely, hygienically, accurately with precision. Using the correct methods and adapt recipes to improve healthy eating.</p>	<p>Students would benefit from practicing their practical skills at home too. These are good websites to use -</p> <p>https://www.foodafactoflife.org.uk/recipes/</p> <p>https://www.eatsamazing.co.uk/</p> <p>https://www.nhs.uk/change4life/recipes</p>