




Y8 Food Preparation & Nutrition	Unit Navigation				
In this rotation you will study carbohydrates, raising agents and staple foods. The aims are as follows: LG1: Knowledge LG2: Application LG3: Skills	Assessment Grades	1 to 5			
	Making Skills		11 practical assessments		
	Food Science – Biological Raising Agents		Yeast experiment		
	Nutrition Knowledge - vitamins/minerals/protein		Nutritional Analysis Task		
Themes	Learning Goals/Outcomes/Content				
1. Eatwell Guide and composite foods	LG1: to recall the different sections of the Eatwell Guide. LG2: to apply knowledge of the Eatwell Guide to a description of govt healthy eating advice				
2. Savoury Rice practical	LG3: use bridge and claw grip to cut vegetables safely/ LG3 : use kettle safely LG3: cook rice till tender				
3. Hydration and Energy Balance	LG1: to explain why and how the human body requires hydration. LG2: to explain how and why the human body should be kept in energy balance.				
4. Biological Raising Agents Assessment	LG1: Explain the ideal conditions for the fermentation of yeast. LG2: Explain the impact of salt and sugar on both yeast and gluten in breadmaking				
5. Bread Rolls Practical	LG2: apply understanding of biological raising agents (fermentation of yeast) by making bread successfully. LG3: Demonstrate kneading and shaping skills to make high quality, well risen bread dough				
6. Nutrition at different life stages	LG1: explain the nutritional requirements of people at different life stages. LG2: Apply knowledge of nutritional requirements at different life stages and the Eatwell Guide to modify the daily diet of a teenager.				
7. Pizza Pinwheels Practical	LG3: Use the rubbing in method to make a scone-based pizza product. LG3: Us the oven safely to bake pizza pinwheels				
8. Staple Foods and Starchy Carbohydrates	LG1: to explain what staple foods are LG1: to explain the function of bread making ingredients LG1: to identify the stages of bread-making				
9. Marbled Chocolate and Pear Traybake	LG3: Demonstrate good knife skills to prepare fruit. LG3: Make a high-quality cake, using the creaming method.				
10. Breads from Around the World	LG1: Research breads originating in other countries and identify type of flour used and whether yeast is used to aerate dough LG1: Explain the processes of fermentation, dextrinisation and aeration in relation to bread-making				
11. Welsh Rarebit Practical	LG3: Use the grill safely to make a high-quality Welsh rarebit				
12. Macaroni Cheese Product Analysis	LG1: Compare 2 commercial macaroni cheese products through sensory analysis, ingredients comparison and nutritional analysis. LG2: Using knowledge of Eatwell Guide and product analysis results, suggest improvements to commercial macaroni cheese products.				
13. Macaroni Cheese Practical	LG3: Use the stove to cook pasta to al dente. LG3: demonstrate gelatinisation of starch by making a bechamel sauce				
14. Chilli Con Carne Practical	LG3: Demonstrate excellent knife skills to finely chop and crush vegetables. LG3: Use stove safely to make excellent quality product, by simmering meat to tenderise and develop flavour.				

15. Bread Sensory Analysis	LG1: Carry out sensory analysis on a range of different bread products LG1: Explain how to do fair testing when carrying out sensory analysis. LG2: Using knowledge of nutrition at different life stages and special diets, suggest how bread can be adapted to suit different people.			
16. Cheese Scones Practical	LG3 – Use an oven safely to bake high quality savoury scones. LG3 – Use the rubbing in method to make dough and shape dough to correct depth and size			
17. Practical evaluations and bread recipe development	LG2: using knowledge of Eatwell Guide, evaluate 3 practicals, listing skills and H&S points for each product. LG2: Using knowledge of bread making ingredients and methods, create an original new bread design, considering flavouring, glazes, toppings and shapes.			
18. Flavoured Soda Bread Practical	LG3: use chemical raising agent to make bread without yeast. LG3: Use flavouring ingredients, glazes and toppings to modify basic soda bread recipe.			
19. Adapting Recipes for Special Diets assessment	LG1: Define the term ‘special diets’ and identify a range of special diets and their specific nutritional requirements. LG1: Explain how the process of gelatinisation thickens a liquid in a white sauce, used in lasagne and macaroni cheese. LG2: apply knowledge of special diets to adapt a traditional lasagne recipe to suit needs of one special diet. LG3: Use nutritional analysis software to analyse nutritional content of traditional and adapted lasagne recipe to make a comparison			
20. Jam Swiss Roll Practical	LG3: demonstrate whisking method of cake making (mechanical aeration) to make a light and fluffy Swiss roll with no cracks.			
21. Food Provenance	LG1: Explain the benefits of buying food from local sources. LG1: Explain what is meant by the terms ‘food miles’ and how to keep them low. LG1: Define the terms ‘fairtrade’ and ‘organic’ and understand their importance in relation to food sustainability.			
22. Iced Buns Practical	LG3: make, shape and bake an enriched bread dough. LG3: Decorate iced buns using glaze icing.			
23. Costing	LG3: use nutritional analysis software to calculate costs of homemade macaroni cheese and compare to cost of commercial one. LG1: Explain how to reduce food waste to ensure food has minimal impact on the environment			

Links:

LG1: Knowledge of food science and nutrition prepares students for demands of GCSE course

LG2: Application of knowledge is needed for NEA1 and NEA2 at GCSE level

LG3: Development of high-level practical skills is a core requirement for GCSE and beyond.