



Year 8- Food and Textiles

Topics

Element	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Term 1						
Theory	H&S Eatwell-guide and healthy eating	Peeling/skinning/Knife skills/baking	Food related causes of ill health	Knife skills, baking, food safety practices	Time-lines	Boiling/simmering
Practical	Demo- sausage rolls	sausage rolls	Chicken Nuggets demo	Chicken nuggets	Demo- Bolognese	Bolognese
Home learning	Buying/Measuring/preparing ingredients		Buying/Measuring/preparing ingredients		Buying/Measuring/preparing ingredients	
Term 2						
Theory	Cross contamination Allergy information and special diets	Recap weighing/measuring/baking	Knowledge assessment	H & S Rules and principles of workroom protocols	Retrieve skills learnt from last year and introduce Design Brief	Properties of fabrics
Practical	Demo- Cookies	Cookies		Apply principles to complete worksheet	Pinning and tacking	Identifying properties and complete tacking sample.
Home learning	Buying/Measuring/preparing ingredients	Revision				
Term 3						
Theory	Design Ideas	Final design to scale	Making a template and choosing fabric	Cutting out all the pieces for the toy.	Sewing the pieces to the front.	Evaluations.
Practical	Sewing machine practice	Sewing machine practice	Drafting a template, pinning it to fabric.	Accurate use of the pins and scissors	Hand and machine sewing.	
Home learning						

Year 8 Food Technology



What are you going to learn and do this year?

Current

HEAD - Knowledge



Year 8 Food Technology Curriculum

This exciting year in Food Technology will equip you with the knowledge and skills to become confident and safe cooks! We'll be covering a range of topics that will help you understand food, prepare delicious meals, and make healthy choices.

Safety First!

Health and Safety: We'll start by reviewing and strengthening your knowledge of safe food handling practices. This includes hygiene rules, proper use of equipment (like knives!), and food storage to prevent spoilage and illness.

Fuelling Your Body:

Eatwell Guide and Healthy Eating: Let's explore the Eatwell Guide! We'll learn about different food groups and how they contribute to a balanced diet for good health and well-being.

Mastering Techniques:

Peeling/Skinning/Knife Skills/Baking: Get ready to sharpen your skills! We'll practice essential techniques like peeling, skinning, and using knives safely. You'll also learn the basics of baking, which will come in handy for creating delicious treats!

Knowing Your Food:

Food-related causes of ill health: We'll delve into the science behind food safety. You'll learn about foodborne illnesses and how to prevent them through proper handling, cooking temperatures, and storage.

Planning Makes Perfect:

Time-lines: Planning is key in the kitchen! We'll learn how to create timelines for recipes to ensure everything cooks perfectly and your meal comes together smoothly.

Cooking Up a Storm:

Boiling/Simmering: Master the art of gentle cooking! We'll explore different boiling and simmering techniques and how they affect the final product.

Get Ready to Get Hands-On!

Throughout the year, you'll be putting your knowledge into practice by preparing a variety of delicious dishes. Here's a sneak peek at some of the exciting practical projects you can look forward to:

Savoury Treats: We'll be making classic favourites like sausage rolls and chicken nuggets, learning techniques like shaping and frying.

Hearty Comfort Food: Get ready to simmer a delicious Bolognese sauce, a perfect meal for a cosy night in.

Sweet Endings: Unleash your inner baker with a fun session on creating delectable cookies!

This year in Food Technology promises to be a delicious journey filled with learning, exploration, and of course, tasty creations!

HEART - Personal Development

This D&T curriculum fosters personal development in several ways:

Confidence and Self-Belief: Successfully completing projects and mastering new skills builds confidence and a sense of accomplishment.

Resilience and Problem-Solving: Overcoming challenges during the design process and troubleshooting technical issues develops resilience and problem-solving skills.



Year 8 Food Technology



What are you going to learn and do this year?

Current

HEART - Personal Development (continued)

Independence and Initiative: Students learn to take ownership of their projects, manage their time effectively, and work independently.

Teamwork and Collaboration: Working with others on projects encourages teamwork, communication, and the ability to collaborate effectively.

Critical Thinking and Creativity: The design process fosters critical thinking as students analyse problems, develop solutions, and evaluate their work. By nurturing these skills, D&T helps students build a strong foundation for personal growth and success not just in school, but also in their future endeavours.



HAND - Skills

Skills Development in Year 8 Food Technology

This year in Food Technology isn't just about learning cool facts about food – it's about empowering you to become a skilled and confident cook! Here's a breakdown of the key skills you'll develop throughout the year:

Safety Savvy:

Safe Food Handling: You'll become an expert in safe food preparation, learning to prevent contamination and foodborne illnesses.

Equipment Handling: Mastering the use of kitchen equipment, especially knives, will become second nature.

Kitchen Competence:

Essential Techniques: Perfecting techniques like peeling, skinning, and using knives will make you a more efficient and confident cook.

Baking Basics: From mixing batters to understanding baking times, you'll gain a strong foundation in baking delicious treats.

Planning and Organization:

Time Management: Developing time management skills through recipe planning will ensure your meals come together perfectly.

Cooking Techniques:

Boiling & Simmering: You'll learn how to control cooking temperatures with boiling and simmering techniques, resulting in perfectly cooked dishes.

Practical Skills:

Food Preparation: You'll hone your skills in preparing ingredients like shaping sausage rolls and forming chicken nuggets.

Following Recipes: Reading and following recipes accurately will become a breeze, allowing you to recreate delicious dishes.

Cooking Methods: Through practical projects like making Bolognese, you'll gain experience with different cooking methods like simmering.

Baking Skills: Practice will make perfect as you develop your baking skills through projects like creating mouth-watering cookies.

Beyond the Basics:

Problem-solving: Learn to handle unexpected situations in the kitchen, like adapting recipes or troubleshooting minor issues.

Teamwork: Working alongside classmates during practical's will develop your communication and collaboration skills.

Cleanliness and Hygiene: Maintaining a clean and organized workspace will become an essential habit.

Following Instructions: Learning to follow instructions carefully will be crucial for successful cooking projects.

By focusing on these skills, you'll be well on your way to becoming a confident and creative cook, ready to impress yourself and others with your culinary creations!






Healthy Eating (Demo- Sausage rolls)

Y8/T1/W1



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - Have a good understanding of H&S within a food room from year 7 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - Understanding the recipe and method for making sausage rolls to then be able to demonstrate this during the practical lesson
	 <ul style="list-style-type: none"> - Recap and strengthen understanding of H&S in the food tech room - Recap prior learning on the Eatwell Guide. - Understand the importance of a healthy lifestyle with a focus on healthy eating in relation to the Eatwell Guide. 	
	<p>HEART - Personal Development</p>	
 <ul style="list-style-type: none"> - you will develop a variety of personal skills. You'll become more observant as you pay close attention to your teacher's techniques and analyze the process. You'll also learn to focus and be patient. Additionally, you'll develop problem-solving and teamwork skills by observing how your teacher handles challenges and interacts with others in the kitchen. 		
<p>HAND - Skills</p>	 <ul style="list-style-type: none"> - Explain the healthy eating guide and the importance - Explain the different segments of the healthy eating guide 	






Sausage rolls

Y8/T1/W2



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - Recap prior learning on the Eatwell Guide - Understand the importance of a healthy lifestyle with a focus on healthy eating in relation to the Eatwell Guide. 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - Strengthening understanding of food technology equipment
	 <ul style="list-style-type: none"> - Understand how sausage rolls fit within the Eatwell guide - Understand the process and equipment of making sausage rolls 	
	<p>HEART - Personal Development</p>	
	 <ul style="list-style-type: none"> - Food Safety: Students will develop awareness of proper food handling, storage, and preparation to prevent foodborne illnesses. - Time Management: Understanding timelines and managing their time effectively while cooking or baking can be a helpful skill. 	
<p>HAND - Skills</p>	 <ul style="list-style-type: none"> - Demonstrate an awareness of health and safety - Demonstrate the preparation techniques: shaping (HAL: peeling/skinning, V: Grating) and chopping: the bridge hold and claw grip, the cooking technique: baking, and the use of food safety practices. 	






Food related causes of ill health (CN Demo)

Y8/T1/W3



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - Some knowledge of bacteria and food poisoning 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - A better understanding of the danger zone - Being able to demonstrate preventative food poisoning measures during a practical lesson
	 <ul style="list-style-type: none"> - Identify food related causes of ill health - Understand the importance of food hygiene to prevent food related courses of ill health, including: food poisoning, food allergies and intolerances. 	
	<p>HEART - Personal Development</p>	
 <ul style="list-style-type: none"> - you will develop a variety of personal skills. You'll become more observant as you pay close attention to your teacher's techniques and analyze the process. You'll also learn to focus and be patient. Additionally, you'll develop problem-solving and teamwork skills by observing how your teacher handles challenges and interacts with others in the kitchen. 		
<p>HAND - Skills</p>	 <ul style="list-style-type: none"> - Define high risk foods. - Explain an understanding of food poisoning bacteria by identifying prevention measures. 	






Chicken Nuggets Practical

Y8/T1/W4



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - Recap prior learning on the Eatwell Guide - Understand the importance of a healthy lifestyle with a focus on healthy eating in relation to the Eatwell Guide. 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - Strengthening understanding of food technology equipment
	 <ul style="list-style-type: none"> - Understand how chicken nuggets fit into the healthy eating guide - Understand the preventable measures to ensure no cross-contamination 	
	<p>HEART - Personal Development</p>	
 <ul style="list-style-type: none"> - Problem-Solving: Cooking and baking often require problem-solving skills, such as adjusting recipes or handling unexpected situations. - Critical Thinking: Students will need to analyze information, evaluate different approaches, and make informed decisions about food choices. 		
<p>HAND - Skills</p>	 <ul style="list-style-type: none"> - Demonstrate an awareness of health and safety - Demonstrate the preparation techniques: chopping: the bridge hold and claw grip , the cooking technique: baking, and the use of food safety practices (temperature checks) 	






Time-plans and Bolognese Demo

Y8/T1/W5



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - Recap prior learning on the Eatwell Guide - Understand the importance of a healthy lifestyle with a focus on healthy eating in relation to the Eatwell Guide. 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - Show and excellent understanding of this practical method - Be able to follow a time-plan accurately and safely
	 <ul style="list-style-type: none"> - Understand the recipe and method for bolognaise - Understand the layout and content of a time-plan 	
	<p>HEART - Personal Development</p>	
	 <ul style="list-style-type: none"> - you will develop a variety of personal skills. You'll become more observant as you pay close attention to your teacher's techniques and analyze the process. You'll also learn to focus and be patient. Additionally, you'll develop problem-solving and teamwork skills by observing how your teacher handles challenges and interacts with others in the kitchen. 	
<p>HAND - Skills</p>	 <ul style="list-style-type: none"> - Create a step-by-step recipe for Bolognese (including storage and temperatures) - Explain the method for this upcoming practical 	






Bolognese Practical

Y8/T1/W6



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p>Pupils should have:</p> <ul style="list-style-type: none"> - Recap prior learning on the Eatwell Guide - Understand the importance of a healthy lifestyle with a focus on healthy eating in relation to the Eatwell Guide. 	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <ul style="list-style-type: none"> - Strengthening understanding of food technology equipment
	 <ul style="list-style-type: none"> - Understand the recipe and method for bolognaise - Understand the layout and content of a time-plan 	
	<p>HEART - Personal Development</p>	
 <ul style="list-style-type: none"> - Problem-Solving: Cooking and baking often require problem-solving skills, such as adjusting recipes or handling unexpected situations. - Critical Thinking: Students will need to analyse information, evaluate different approaches, and make informed decisions about food choices. 		
<p>HAND - Skills</p>	 <ul style="list-style-type: none"> - Recap the preparation techniques: chopping (the bridge hold and the claw grip) - Demonstrate an awareness of health and safety - Demonstrate the cooking technique: Boiling/Simmering 	






Cross contamination (Cookies Demo)

Y8/T1/W7



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p>Pupils should have:</p> <p>-An understanding of the term cross-contamination</p>	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <p>- Strengthening understanding of food technology equipment by demonstrating how to make cookies</p>
	 <ul style="list-style-type: none"> - Strengthen understanding of cross-contamination and the implications - Identify ways to avoid cross-contamination 	
	<p>HEART - Personal Development</p>	
 <ul style="list-style-type: none"> - you will develop a variety of personal skills. You'll become more observant as you pay close attention to your teacher's techniques and analyze the process. You'll also learn to focus and be patient. Additionally, you'll develop problem-solving and teamwork skills by observing how your teacher handles challenges and interacts with others in the kitchen. 		
<p>HAND - Skills</p>	 <ul style="list-style-type: none"> - Explain how to avoid cross contamination in the food technology kitchen - Explain the recipe and method to make cookies 	






Cookies Practical

Y8/T1/W8



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p>Pupils should have:</p> <p>-An understanding of the term cross-contamination</p>	<p>HEAD - Knowledge</p>	<p>Pupils should go on to:</p> <p>- Strengthening understanding of food technology equipment by demonstrating further practical skills</p>
	 <ul style="list-style-type: none"> - Recap oven health and safety - Recap the preparation techniques: weighing and measuring 	
	<p>HEART - Personal Development</p>	
	 <ul style="list-style-type: none"> - Problem-Solving: Cooking and baking often require problem-solving skills, such as adjusting recipes or handling unexpected situations. - Critical Thinking: Students will need to analyse information, evaluate different approaches, and make informed decisions about food choices. 	
<p>HAND - Skills</p>	 <ul style="list-style-type: none"> - Demonstrate an awareness of health and safety - Demonstrate the cooking technique: Baking 	