

Year: YEAR 8
Subject: FOOD TECHNOLOGY

Term	Week	Focus	Summary	Lesson objectives	Parental Support	Indenpendant Learning
1A	1	Introduction to cooking methods <ul style="list-style-type: none"> • Cooking methods – moist and dry • Reasons for cooking food • Heat transference- • Conduction/ convection / radiation. 	<ul style="list-style-type: none"> • To explain reasons for cooking foods • To identify cooking methods • To classify cooking methods as moist and dry heat methods. • To describe heat transference methods. <p>To explain application of heat transference with different cooking methods.</p>	<p>To understand reasons for cooking food.</p> <p>To identify and classify moist and dry cooking methods of cooking.</p> <p>To be able to identify and describe the various heat transference methods.</p> <p>To understand how heat transference occurs in different cooking methods.</p>	To become familiar with ingredients required for recipe for next weeks lesson.	
	2	Frying methods – shallow frying /dry frying/saute` <ul style="list-style-type: none"> • Principles of: • Foods suitable and preparation • Frying and cooker safety • Uses of frying / dry frying in meal planning • Health implications • Practical Session: • Prepare and make • A full English breakfast/brunch – to show the use 	<p>To explain types of frying methods and uses in meal planning.</p> <p>Discuss health implications which could occur if one consumes too much fried foods.</p> <p>Show the use of dry frying and shallow frying by producing a breakfast brunch.</p>	<ul style="list-style-type: none"> • To describe types of frying • To identify foods suitable for frying • To describe the principles of shallow and dry frying. • Uses of shallow and dry fried foods in meal planning – Health implications • Practical: Prepare make and sertve a breakfast brunch showing the use of shallow and dry frying. • Evaluate outcome. 	To become familiar with ingredients required for recipe next week.	Investigate other sweet and savoury recipes/foods which can be shallow fried.

		of dry & Shallow frying. Evaluation.				
3	Practical session: Deep -frying Practical session: Prepare and make St Helena style Fish in Batter. Evaluation.	To describe foods suitable for deep-fat frying To describe the principles of deep- fat frying To recall cooker safety when deep-frying Use of deep-fat frying oin meal planning – Health implications.	To prepare, make and serve a batch of St Helenian style fish in batter dish to illustrate the use of deep-fat frying. Evaluate outcome.			Investigate other savoury as well as sweet reipes that can be deep-fried.
4	Health Implications linked to consumption of fried foods.	To present a leaflet on the effects of too many fried foods in the diet – re:obesity, Heart disease, and advise on healthier practices to still enjoy them.	To investigate health implications associated with a diet high in fried foods.	To become familiar with ingredients required for recipe for next week.		Produce a power point information leaflet to help educate people on the dangers of consuming too many fried foods.
5	Frying Methods – Stir frying Practical application through making : Chicken/Beef and vegetable stirfry served with Pasta or noodles. Evaluation	To describe foods suitable for Stir-frying To describe the principles of Stir-frying To demonstrate how to Julienne vegetables Use of Stir-frying foods in meal plan- health implicationsing	To prepare and make a dish demonstrating Stir-frying as a cooking method. Evaluate outcomes.			Investigate other savoury as well as sweet dishes that can be stir-fried.
6	Roasting as a cooking Method Practical application through : making a Roast Dinner	To identify foods suitable for Roasting and their accompaniments To describe the principles of roasting foods	To prepare, make and serve a Roast Dinner to illustare the use of Roasting as a cooking method. Evaluate outcome.			Investigate other recipes for roasting foods for recipe file.

			To identify uses of roasted foods in meal planning- health implications			
	7	Topic Test on Frying				

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1B	1	Grilling /BBQ as a cooking Method Practical planning for a group BBQ meal.	To identify foods suitable for grilling/ barbequeing and their accompaniments To describe the principles of grilling /BBq foods To identify uses of grilled /BBQ foods in meal planning- health implications.	Plan a BBQ Meal for sharing among a group	Share with child, side dishes that are used in family BBQ's To become familiar with ingredientys required for recipe for next week.	Investigate other recipes for BBQ marinades /sauces for recipe file
	2	Practical Application through making: BBQ Meal Evaluation	Practical: To prepare, make and serve a BBQ meal with accompaniments . Evaluate outcome.			
	3	Revision Aids	To create a glossery as a revision exercise reflecting key words linked to cooking methods covered so far.	Create a Glossery of words to reflect on all cooking methods from previous lessons.	To become familiar with ingredients required for recipe next week.	
	4	Baking as a cooking method Practical application through making: A savoury baked item – Pizza pinwheels/savoury muffins	To identify sweet and savoury foods suitable for baking To describe the principles of baking food To identify uses of baked foods in Meal Planning	Practical session: Prepare and make a dish to illustrate Baking as a cooking method.	To become familiar with ingredients required for recipe for next week	

		Evaluation	Practical – to prepare, cook and serve a baked savoury item showing the use of baking as a cooking method. To evaluate outcome.			
	5	Festive Bake off – demonstrating a decorated sandwich for a festive occasion. Designing and planning cake decorations.	Practical – To prepare, bake and freeze a cake showing the use of baking as a cooking method To design the cake reflecting the theme given To plan decoration for the cake design.	Investigate cake designs for festive occasions.		
	6	Cake decorating – Use of Royal/ butter or ready rolled icing Thaw out cake for this session	To decorate cake using using selected decorations and demonstrating a type of icing. To evaluate outcome To present cake for the bake off.			
	7	Give words for Spelling Test - for homework	Off timetable			

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2A	1	Spelling Test Moist methods Introduce Steaming.	To carry out a spelling test. To recall moist methods of cooking. To describe methods of steaming foods	To demonstrate how to steam food in a saucepan with a close fitting lid and in the microwave. (Steamed sponge pudding.	To become familiar with ingredients for steamed foods for next week.	

2	<p>Steaming as a cooking method</p> <p>Practical application through making a jam/syrup steamed sponge pudding</p> <p>Evaluate outcome</p>	<p>To identify sweet and savoury foods suitable for steaming</p> <p>To describe the principles of steaming foods</p> <p>To identify uses of steamed foods in meal planning</p>	<p>Practical session:</p> <p>To prepare, cook and serve a sweet dish showing the use of steaming as a cooking method.</p> <p>To evaluate outcome.</p> <p>Evaluate outcome.</p>		Investigate other recipes for steamed foods for recipe file.
3	<p>Boiling & Simmmering as a cooking method</p>	<p>To identify sweet & Savoury foods suitable for boiling & Simmering</p> <p>To describe the principles of bopiling/simmering food</p> <p>To identify uses of boiling/simmering foods in meal planning</p> <p>To create a poster showing how to conserve nutrients when boiling/simmering foods</p>			Investigate other recipes that applies boiling/simmering foods for recipe file.
4	<p>Practical application through the making of of Tuna / vegetable Pasta bake – Boiling and simmering</p>	<p>Practical – To prepare and cook a sweet dish to show the use of boiling as a cooking method.</p> <p>To evaluate outcome</p>			
5	<p>Stewing as a cooking method</p>		<p>To identify sweet & savoury foods suitable for stewing</p>		
	<p>Practical application- through making :</p> <p>A local dish – Stewed fruit with dumplings</p> <p>Evaluation</p>	<p>To describe the principles of stewing foods</p> <p>To identify uses of steamed foods in meal planning</p> <p>Practical – To demonstrate how to prepare and stew fruits served with dumplings.</p>			Investigate other recipes for steamed foods for recipe file
6	<p>Practical application through making :</p>	<p>Practical: - To prepare, cook and serve a savoury dish showing the use of</p>			

		Chicken /beef/vegetarian curry/stew Evaluation	Stewing as a cooking method Evaluate outcome.			
	7	Wall board display on cooking methods	Collate posters for wall board displays for the classroom on the types of cooking methods			

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2B	1	Moist Methods of cooking Poaching. Principles of Poaching as a moist cooking method. Foods suitable for poaching	To identify sweet and savory foods for Poaching To describe the principles of Poaching food To identify uses of Poached Foods in meal planning Practical – To demonstrate ways to Poach eggs. (whirl- pool method and in an egg poacher)			
	2	Practical application through making Fish in Cheese Sauce /Fishermans pie– Poaching Fish Evaluate outcome.	To prepare, make and serve a dish to show poaching fish in a stock. Evaluate the dish.			To Follow the recipe for Fish in cheese sauce.
	3	Cooking with Special equipment Pressure cooker and slow cooker	To explain how a pressure cooker and slow cooker works and consider safety factors. To identify foods and dishes suitable	To Know how a pressure cooker and slow cooker works To have knowledge on the safety aspects of using a Slow Cooker and pressure		Use you-tube videos to help get a better understanding of how you use both of these pieces of equipment effectively.
	4	Cooking with special equipment - Microwave Oven	To explain how a Microwave oven works and consider safety safety factors.	To understand how a microwave oven work and		Visit you-tube to have a better understanding of how

		Principles of foods suitable and preparation Food & Cooker safety	To identify foods and dishes suitable To Identify suitable equipment for use in a Microwave oven	the principles behind microwave cooking. To know what types of dishes are suitable and not suitable for use in a microwave oven		microwaves are used in a microwave oven
	5	Microwave cooker- Practical Planning - Through making a sweet/savoury dish in the microwave oven	Task: To plan prepare and make a sweet or savoury dish suitable for cooking in a microwave oven.		To be familiar with ingredients for next weeks lesson	
	6	Practical session – Preare, make and serve a sweet/savoury dish suitable for cooking in the Microwave oven. Evaluate outcome.	Prepare and make chosen dish to illustrate the use of the Microwave Oven. Evaluate outcome.	To identify suitable equipment for use in the microwave oven To prepare and make chosen dish by following a recipe.		
	7	Assessment on cooking methods				

Term	Week	Focus	Summary	Learning Outcomes	Parental Support	Indenpendant Learning
3A	1	Cake making Methods Through knowledge and understanding of the four Cake making methods:	Discuss and research information on the four main types of cake making methods: Whisking/ creaming/ melting and rubbing-in	To gain knowledge and understanding of the four main types of cake making methods and identify suitable recipes for each method. To produce a chart to identify cake making ingredients Eg : Dry/ liquids/ flavourings/fats / decorations		

	2	Cake making methods – Equipment used for cake making How to line cake pans	Discuss and research information on equipment used for cake making and how to line cake pans. Teacher and students will demonstrate how to line cake pans correctly using baking parchment.	To be able to identify equipment used in cake making To know how to line cake pans correctly.		
	3	Cake making methods: The Rubbing –in method Practical planning -	Discribe the the process used for rubbed-in mixtures/ baking times for large and small cakes. Research/record common faults in Rubbed in mixtures. Choose a recipe to make in next weeks lesson: Possible dish: Rock buns/ marmalade cakes.	To understand the process for rubbed in mixtures and the types of cakes which are made using this method. To understand why common faults are caused in Rubbing in methods of cake making.	To be familiar with ingredients for next weeks practical.	
	4	The Rubbing-in Method of cake making – Practical session- Prepare, make and serve a cake recipe using the Rubbing – in Method. Evaluate outcome	Prepare, make and serve a dish to illustrate the us of the Rubbing –in method of cake making, Evaluate outcome	To understand how to make a cake using the rubbing in method of cake making by following instructions from a recipe.		
	5	The whisking Method- Research information on the whisking method Practical Planning Evaluate outcomes.	Discuss/ / record information on the whisking method Research common faults in the whisking method of cake making. To choose a recipe to make in next weeks lesson to	To understand how air is used as a raising agent in the whisking method. To understand common faults in the whisking method of cake making and reasons for this happening.	To be familiar with ingredients for next week.	

			illustrate the whisking method. Possible dishes: Swiss Roll/ Sponge fruit flan.			
	6	The whisking Method- Practical session Evaluate outcome	Plan, prepare and make a dish to illustrate the use of the Whisking method in cake making. Evaluate outcome.	Prepare and make chosen dish by following the recipe correctly. Evaluate outcome.		
	7	The creaming method of cake making. Practical planning – Plan a practical session for a dish to illustrate the use of the creaming method	Discuss and record information on the two types of creaming methods: The All-in-one Creaming Method and Traditional Creaming method. Choose a recipe to make after the holidays to illustrate the creaming method. Possible dishes: Chocolate cake Victoria sandwich cake.	To know how to prepare and make cakes using the all-in-one and traditional creaming methods of cake making. To know the faults in cake making using the creaming method.	To be familiar with the ingredients for cakes using the creaming method	

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3B	1	Practical session The Creaming Method.	Prepare and make chosen dish to illustrate the creaming method Evaluate outcome.	. To know how to prepare and make either a Chocolate cake or Victoria sponge cake to illustrate the use of the creaming method.		Research other cakes and treats using the creaming method.
	2	The Melting Method				

	Research information on the Melting method of cakemaking . Practical Planning	Discuss/ describe and record relevant information on the melting method. Practical planning Plan to make a dish to illustrate the use of the melting method. Research faults in the melting method of cakemaking	To know how to prepare and make Flap jacks/parkin/ gingerbread in next weeks Lesson to illustrate the use of the Melting Method. Evaluate outcome.		
3	Practical session: The melting method Evaluate outcome.	Prepare and make chosen dish to illustrate the use of The melting method in cakemaking.	To know how to make a dish using the melting method by following a recipe. Possible dishes: Flapjacks/ parkin or Gingerbread Evaluate outcome.		
4	Cake making methods- Display work	Produce colourful wall board displays on Cake Making Methods which were covered during the Term. These will also include recipes illustrating the different methods.	Recap on all cake making methods. Illustrate through drawings and write-ups as well as recipes to illustrate each method.		Revision for assessment next week.
5	Topic Assessment – Cake making methods		To carry out an assessment on this terms work.		
6	Assessment results Cooking videos	Issue students with their assessment results. Watch Gordon Ramsey's School Friendly cookery course for kids.	Assessment feedback Cooking video – you-tube		
7	Off time table				