

Subject: Food Technology

Year group: 8

Week beginning	Subject Topic	Key Learning points/big questions	Independent/Home learning	Key Vocab	Linked Assessment	Resources
<b>1</b> <b>13/9</b>	Introduction Bread tasting	<p><b>Topic – Carbohydrate</b> Use of the 5 senses – Taste, Touch, Smell, Sight to evaluate food. Sensory tests using the 5 senses How to complete sensory analysis tests Use of descriptive words to describe food attributes.</p> <p>What is a staple food? Researching and tasting multi-cultural bread To identify varieties of bread and bread products available to the consumer. To explain the sources, types and functions of carbohydrate (including fibre).</p>	Complete research into 5 different multicultural breads	<p><b>Aroma</b> – smell <b>Mouthfeel</b> – How a food product feels in the mouth. <b>Sensory descriptors</b> – words to describe the appearance, texture, taste and aroma of food <b>Staple food</b> – Foods which make up the main part of the traditional diet.</p>	LSTs End of unit assessment and booklet	<a href="https://egguckland.sharepoint.com/:g/Technology/EmJmQFzLCpNHnco2YwYwi9ABN8-elsP3cGpPzRG4TRUghw?e=IXYTCr">https://egguckland.sharepoint.com/:g/Technology/EmJmQFzLCpNHnco2YwYwi9ABN8-elsP3cGpPzRG4TRUghw?e=IXYTCr</a>
<b>2</b> <b>20/9</b>	Bread	Function of ingredients in bread – Strong plain flour, Yeast, Salt, Sugar, Oil, Water. Processes – kneading, shaping, proving Group work Enhancing practical skills	Produce bread rolls independently.	<p><b>Prove</b> – leaving dough to rise <b>Gluten</b> – Stretchy protein found in flour. <b>Fermentation</b> – The process when yeast converts sugars to give off carbon dioxide gas.</p>		
<b>3</b> <b>27/9</b>	Pizza	Introduction to Italian food and Grains as a commodity. Demonstrate Pizza and learn about the function each ingredient has in pizza dough.  What are traditional Italian foods? What ingredients make pasta and pizza?	Complete research page on Italian cuisine.  Produce pizza independently.	<p><b>Durum wheat</b> – a hard wheat <b>Climate</b> - the weather conditions prevailing in an area in general or over a long period.</p>		

		<p>What are grains and how do we get flour from them?  How do we make pizza?  What is gluten?  How does yeast help bread to rise?  What are conditions of growth?</p> <p>Make a basic bread dough and shape it as a pizza base.  Follow a recipe.  Work in a hygienic way.</p>				
4 27/9	Pasta ready steady cook Carbohydrates	Which flour do we use for making pasta? Why does the gluten content need to be high? What function does egg have in pasta? How do we use a pasta rolling machine and what quality will it give the pasta? Why does salt help water boil faster? What happens to the pasta dough when it is boiling? What does denature mean and which ingredient does this affect in pasta? Follow a recipe and instructions to make pasta safely.	Answer question based on the food science of pasta  Make pasta hygienically	<b>Carbohydrate</b> – one of the five nutrients – a macro nutrient. <b>Whole grain</b> – All the edible parts of the grain – the germ, endosperm and bran <b>Al dente</b> – firm to the bite, a description of the texture of correctly cooked pasta.		
5 4/10	Lemon drizzle cake The benefits of eating fruit	What technical methods do we need to make lemon drizzle cake? – Cake making methods - Creaming and all in one method. Function of ingredients in cake making. Carbohydrates of which sugar – why should they be reduced in our diets and how can we achieve this? How can fruit and vegetables be incorporated into cakes? What are the benefits of consuming fruits and vegetables in our diet?	Independent practical work.	<b>Creaming</b> – the process of creaming fat and sugar together, which traps tiny air bubbles into the mixture <b>Juice</b> – to squeeze the juice from fruits or vegetables <b>Zest</b> - scrape off the outer coloured part of the peel of (a piece of		

				citrus fruit) for use as flavouring.		
<b>6 11/10</b>	Macaroni cheese	<p>What is the function of flour in cheese/ white sauce?</p> <p>What is the function of milk in cheese/ white sauce?</p> <p>What is the function of fat in cheese/ white sauce?</p> <p>What is gelatinisation and how does it occur in white sauce making?</p> <p>Why can pasta be preserved by drying?</p> <p>How can we make pasta soft again?</p> <p>Make macaroni cheese using the roux method</p>	<p>Answer questions based on food science questions based on roux sauce method.</p> <p>Make macaroni cheese using the roux method hygienically</p>	<p><b>Gelatinisation</b> – the name of the process for when starch granules are mixed with a liquid and heated; they swell and break open, causing the liquid to thicken</p> <p><b>Roux</b> – a mixture of melted fat and flour, which is used as a base of a sauce.</p>		
<b>7 18/10</b>	Revision and Assessment Panettone investigation	<p>Students to complete 6 week assessment and ensure booklet one is complete with self assessment.</p> <p>What is Panettone?</p> <p>Where does it come from?</p> <p>What is the symbolism of the bread?</p> <p>How can it be called a bread?</p> <p>What does it taste like? Can I describe it?</p> <p>What is the function of the ingredients?</p>	Complete assessment and self assessment booklet.	<b>Panettone</b> - an Italian yeast-leavened bread, usually made with raisins, candied fruit peels, almonds, and brandy.		
<b>8 1/11</b>	Intro multicultural meals – balanced meal planning	<p><b>Topic – Multi cultural foods</b></p> <p>What defines a balanced meal?</p> <p>How do you ensure you eat a balanced diet?</p> <p>How do you ensure you obtain all the essential nutrients are bodies require?</p> <p>What does the term multicultural mean – how are the foods we eat influenced by different cultures?</p>		<p><b>Multicultural</b> made up of or include more than one ethnic group or culture.</p> <p><b>Balanced diet</b> a diet consisting of a variety of different types of food and providing adequate amounts of the</p>	LSTs End of unit assessment and booklet	

				nutrients necessary for good health.	
<b>9 8/11</b>	Stir fry	How to cook a Stir fry Where does a stir fry originate from? How can the recipe be adapted to suit different tastes/diets? Is the dish balanced? Food safety – how to handle high risk foods such as chicken, beef, prawns safely		<b>High risk</b> <b>Foods</b> that are ready to eat, foods that don't need any further cooking, and foods that provide a place for bacteria to live, grow and thrive <b>Wok</b> a bowl-shaped frying pan used typically in Chinese cooking. <b>Cross contamination</b> the process by which bacteria or other microorganisms are unintentionally transferred from one substance or object to another, with harmful effect.	
<b>10 15/11</b>	Savoury rice	How to cook savoury rice How can the dish be adapted to suit different tastes/diets? Rice safety – high risk food – Bacillus cereus – How can rice be handled, cooked and stored safely to prevent food poisoning?	Research rice as a commodity – complete the questions.	<b>Bacillus cereus</b> A toxin producing bacteria. <b>Toxin</b> A harmful substance produced within living cells or organisms.	
<b>11 22/11</b>	Fruit crumble	How to cook a fruit crumble What does the term seasonality mean and what seasonal fruits could be incorporated into a fruit crumble? What is fibre, why is it needed in our diet and how can it be incorporated into a fruit crumble.		<b>Fibre</b> includes the parts of plant foods your body can't digest or absorb. Unlike other food components, such as	

				<p>fats, proteins or carbohydrates — which your body breaks down and absorbs</p> <p><b>Seasonality</b> the times of year when the harvest or the flavour of a given type food is at its peak.</p> <p><b>Stewing</b> – cooking fruit with a very small amount of water that turns to steam.</p>	
<b>12</b> <b>29/11</b>	Thai curry	<p>How to produce a Thai chicken curry</p> <p>What is protein and why do we need it in our diets?</p> <p>What sources of protein can be incorporated into the Thai curry?</p>			
<b>13</b> <b>29/11</b>	Chilli	<p>How to produce a Chilli</p> <p>Meat cuts – what is mincing and why is it necessary.</p> <p>How could the recipe be adapted to make similar dishes.</p>		<p><b>Minced</b>– Cut up or ground into very small pieces</p> <p><b>Tenderise</b> - A process to reduce the toughness of meat fibers in a cut of meat. Tenderizing breaks down the meat fibers and softens the meat, making it easier to chew.</p>	
<b>14</b> <b>6/12</b>	Revision and Assessment	Students to complete 6 week assessment and ensure booklet one is complete with self assessment.	Complete assessment and self assessment booklet.		

