



ST. CATHERINE'S COLLEGE

A CHURCH OF ENGLAND ACADEMY

| Learning overview for (subject): Food | | | Year group: Year 8 | |
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| Term | Key topics / scheme of work | What most pupils will learn | Key skills used | How will this learning be assessed? |
| Term 1 and 2 (13 weeks) double and single lesson | <p><i>Multi -Cultural Food.</i></p> <p><i>Home cooking and economic meals.</i></p> <p><i>Designing Food Dishes</i></p> | <p>Pupils will continue to develop their skill levels in the kitchen and a wider repertoire of cooking techniques.</p> <p>Pupils will learn more about healthy eating and cover the Eat Well Guide in more depth. Pupils will also reflect on their own diets and learn about the traffic light system on packaging to inform choice</p> <p>Pupils will learn about and make a variety of dishes from different cultures.</p> <p>Pupils will design and make some of their own dishes, with a multi-cultural influence, including a design for a dish for the Young Chef task within a set of clear criteria.</p> <p>Christian theme: e.g., Christmas, Easter or the Holy Trinity dependent on where they are taught Food in the rotation.</p> <p>Pupils will learn some of the science behind food and cooking, e.g., how 'yeast' reacts and helps make bread and how eggs coagulate and help set the Quiche.</p> | <p>Knife skills - more refined and precise</p> <p>Shortcrust pastry making – rolling out and lining a Quiche dish.</p> <p>Weighing and measuring</p> <p>Combining ingredients- wet and dry.</p> <p>Adapting recipes.</p> <p>Timing.</p> <p>Multi -tasking.</p> <p>Kneading and shaping bread rolls.</p> <p>Decorating - Quiche and Pizza toppings.</p> <p>Correct and safe meat preparation techniques. Correct use of coloured chopping boards.</p> | <p>Through teacher observations of practical activities and photographic evidence.</p> <p>Evaluations and written work in their books.</p> <p>Young chef task as a clearly targeted assessment activity.</p> <p>Homework activities including their own two day diet diary.</p> |

