

Year 8 Food Learning Outcomes

Unit 1: Food choice, British and International Cuisine

Through practical work, students will be taught skills that build on from those learned in year 7. This unit focuses on how our own and different cultures can affect the foods we eat. Students continue to develop a deeper knowledge and understanding of nutrition and health, food safety and sensory analysis.

RECIPE	SKILLS
Jam Tarts	<ul style="list-style-type: none"> • General practical skills • Use of the cooker • Shortening method • Shaping pastry
Spicy Rice	<ul style="list-style-type: none"> • Use of the hob • Preparing vegetables • Use of the kettle • Knife skills
Tomato and Basil Pasta	<ul style="list-style-type: none"> • Use of the hob • Use of the kettle • Reduction sauces • Knife skills • Combining ingredients
Raspberry Buns	<ul style="list-style-type: none"> • Use of the oven • Shaping with hands • Raising agents • Shortening method
Chilli Con Carne or Bolognese	<ul style="list-style-type: none"> • Use of the hob • Working with high-risk ingredients
Cheesecake	<ul style="list-style-type: none"> • Use of electrical whisk • Use of the hob • Layering ingredients