



| <b>Year 8 Food Around the World</b>   |   |   |
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| <p><b>Topics covered:</b><br/>Explores ingredients and recipes from different countries.<br/>More complex recipes<br/>Nutrition - studying why we eat different foods</p>   | <p><b>How it links to what you have studied before:</b><br/>Year 8 Food builds on previous knowledge. Students cook more challenging recipes that are predominantly savoury and that can be served at home as a well balanced family meal.<br/>Knowledge of Nutrition build on students understanding of healthy eating</p> | <p><b>How it links to what you will study:</b><br/>Simple knowledge of the basics of Nutrition is the foundation for a healthy diet. It is a key requirement of GCSE Food</p> |
| <p><b>Key words:</b><br/>Research - Food origins - Hygiene - Sensory Analysis - Nutrients - Evaluation</p>  | <p><b>Key skills:</b><br/>Safe knife holds - bridge &amp; claw<br/>Control of heat - boiling, simmering, frying, baking<br/>Use of more specialist kitchen equipment<br/>Following a recipe<br/>Evaluation - reflection on practical work<br/>Research - primary and secondary research</p>                                 |   |
| <p><b>Assessment focus</b><br/>Term 1 - Food Around the World Project - research task<br/>Term 2 - Test - set on Google<br/>Term 3 - Practical Test - adapting a basic recipe, planning and making a dish in 1 hour</p>   | <p><b>Revision tips</b><br/><b>Test</b> - Knowledge Organisers will be shared with students - read and highlight, make notes, produce some revision cards, ask someone to test their knowledge<br/><b>Practical Test</b> - practice making the dish at home</p>   |   |
| <p><b>Why we study it:</b><br/>Learning about Nutrition - Protein, Fats, Carbohydrates, Vitamins and Minerals is essential knowledge so that students know why we eat particular foods.<br/>Making more complex recipes will develop students' practical skills and dexterity at handling a range of equipment and ingredients. Students will become increasingly independent and able to cook simple meals for themselves and their family<br/>Students will develop knowledge of where foods come from across the world and an awareness of global and cultural differences. They will learn how ingredients and flavourings work together in a recipe to produce a quality finished dish</p> |   |   |
| <p><b>Mastery in this subject</b><br/>You will independently research the topic of Food Around the World using a range of sources:<br/>Presenting a detailed and informative homework project on a country of your choice and a personal review of a cafe/restaurant<br/>You will be able to follow a planning sheet/recipe independently<br/>You will use tools and equipment accurately<br/>You will create dishes that are well made, have good flavours and textures, and are presented with great care</p>   |   |   |



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