



Year 8

Pathway 2/3/4

Food Technology - Spring Term

Learning Intention: Cooking Skills - Using Fruit and Vegetables - Introduction to Fats and Oils

Students will continue learning about the fruit and vegetables and practice their culinary skills whilst using these foods. Students will have an opportunity to also practice certain culinary skills to build on the confidence in the kitchen. They will learn about seasonal foods and where these foods are sources. Students will also have theory based lessons on fats and oils. They will learn about the importance of this food group and the negative effects it may have if we have too much of it.

Key knowledge that should be learned during this SoW

All (Pathway 2)

Most (Pathway 3)

Some (Pathway 4)

Concept:

To be able to practice culinary skills whilst exploring with a variety of fruit and vegetables.

Knowledge:

Being to understand the importance of the different food groups

Use the basic principles of a healthy and varied diet to prepare dishes

Understand seasonality, and know where and how a variety of ingredients are grown and processed.

Understand and apply the principles of nutrition and health

Understand the source, seasonality and characteristics of a broad range of ingredients.

Key Skills:

- To be able to make a variety of dishes using fruit and vegetables
- Build on culinary skills like: Stir Frying /Cutting etc
- Students evaluate what they

- To gain some understanding of the importance of fruit and vegetables
- Limited support when taking part in practical task

- Little/no support when taking part in practical task

	have made - self assessment		
Language and/or communication skills:	<ul style="list-style-type: none"> ● Fruit ● Vegetable 	<ul style="list-style-type: none"> ● Plant ● Stem ● Root ● Leaf ● Flower 	<ul style="list-style-type: none"> ● Nutrition ● Vitamins/Minerals
Curricular Links	Links to other learning within the subject are: Science/Resistant Materials/ PSHCE/PE		