



Year 8

Pathway 2/3/4

Food Technology - Autumn Term

**Learning Intention: Food Groups: Fruit and Vegetables**

Students will be learning about fruit and vegetables this term. They begin to gain an understanding of the importance and value fruit and vegetables have in our diet. They will not only look into the nutritional value but how fruit and veg are grown. They have an opportunity to taste test exotic fruit and explore using their senses. They then go on to use a variety of fruit and veg to make different dishes where they can continue working on their culinary skills.

Key knowledge that should be learned during this SoW

All

Most

Some

**Concept:**

To understand the nutritional value of fruit and vegetables in our diet, learn how they are grown and cook dishes using this food group. Continue to build confidence in the kitchen and culinary skills.

**Knowledge:**

To be able to gain an understanding of different fruit and vegetables.  
To gain a understanding of the process that fruit and vegetables are grown  
To use a variety of skills whilst cooking with some support

To be able to state different fruit and vegetables  
To understand the key process that fruit and vegetables need to grow  
To use a variety of skills whilst cooking with little support

To confidently state a range of fruit and vegetables  
To be able to distinguish the difference between fruit and vegetables  
To use a variety of skills whilst cooking independently

**Key Skills:**

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

- To understand the different food groups

- Being to understand the importance of the different food groups

	<ul style="list-style-type: none"> <li>• Understand where food comes from.</li> </ul>		
<b>Language and/or communication skills:</b>	<ul style="list-style-type: none"> <li>• Fruit</li> <li>• Vegetable</li> <li>• Plant</li> <li>• Sun</li> <li>• Rain</li> <li>• Time</li> </ul>	<ul style="list-style-type: none"> <li>• Plant</li> <li>• Stem</li> <li>• Root</li> <li>• Leaf</li> <li>• Flower</li> </ul>	<ul style="list-style-type: none"> <li>• Nutrition</li> <li>• Vitamins/Minerals</li> </ul>
<b>Curricular Links</b>	Links to other learning within the subject are: Science/Resistant Materials/ PSHCE/PE		
<p>Career Paths  <b>Food/Hospitality Industry</b>  <b>Lesson Link:</b> Food Technology</p>	<p><b>Key Stage 3</b></p> <p><u>Lesson Focus:</u></p> <ul style="list-style-type: none"> <li>• Health and Safety</li> <li>• Culinary Skills</li> <li>• Design and Making</li> </ul> <p><u>Taking Points:</u>  Why is it important to learn about Health and Safety?  What types of jobs would H&amp;S be used/followed in?</p> <p><u>Career Links:</u>  <i>Hospitality/Catering Industry:</i>  Restaurants/Cafes/Shops/Hotels/Bars  Jobs:</p> <ul style="list-style-type: none"> <li>• Kitchen staff (chef/kitchen porter)</li> <li>• Serving and preparing food</li> <li>• Cleaner</li> <li>• Waiter</li> </ul> <p><u>Resources used in lessons:</u>  <a href="https://www.youthemployment.org.uk/dev/wp-content/themes/yeuk/files/catering-work-experience-guide-ks3.pdf">https://www.youthemployment.org.uk/dev/wp-content/themes/yeuk/files/catering-work-experience-guide-ks3.pdf</a></p>		

