

Food Technology Year 8 Curriculum Overview



The Year 8 Food Technology curriculum builds on the foundation skills developed in Year 7, introducing more complex techniques and a deeper understanding of nutrition and food science.

Students will explore cultural and environmental aspects of food, as well as a further look at the functional properties of some ingredients.

The intent is to build intermediate knowledge and skills, advanced techniques, nutritional understanding and sustainability, and increasing confidence in the kitchen.

Students will begin to adapt recipes and consider the wider impact of their food choices.

By the end of Year 8, students will:

1. Demonstrate intermediate cooking skills such as kneading, shaping and more complex sauces and dishes.
2. Understand the nutritional needs of different life stages (teenagers, adults and elderly and how to adapt recipes to cater for those needs).
3. Explore the functional properties of ingredients (gelatinisation and emulsification) and apply this knowledge to practical tasks.
4. Investigate the environmental impact of food choice, including food miles, seasonality and sustainable sourcing
5. Work more independently, planning and preparing dishes with lower levels of direct supervision.

Week Number	Themes/ Topics	Key Knowledge & Skills	Key Assessments
1-6 (Autumn 1)	Advanced Cooking Techniques	<ol style="list-style-type: none"> 1. Practical: Recap of Knife skills (Julienne, Baton) and H&S 2. Marinating, Grilling, Roasting 3. Practical: Chicken/Haloumi Souvlaki and Tzatziki (knife skills, marinating, oven use) 4. Emulsification and Sauces 5. Practical: Mayonnaise for coleslaw (Emulsifying, flavour balance, knife skills) 6. Review and Reflection 	<p>Self assessment</p> <p>Practical teacher assessment of knife skills</p>
7-13 (Autumn 2)	Food Safety & Hygiene	<ol style="list-style-type: none"> 1. The 4C's <i>IL – Create an infographic on the 4C's with examples and explanations.</i> 2. Practical – Buffet veg platter with dip (cross contamination, knife skills). Students make either Salsa, Hummus or Nacho Cheese and accompany with vegetable sticks, bread sticks etc. 3. Food borne illness and prevention methods 	Summative assessment

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		<p><i>IL – Research and list 3 common foodborne illnesses and their symptoms.</i></p> <ol style="list-style-type: none"> 4. Practical – Chicken Goujons (knife skills, cross contamination, oven use, temperature control.) Students cut chicken using knife and food safety techniques, then en robe in breadcrumbs. These are then oven baked as a healthier alternative to deep fat frying. 5. Allergen Awareness and Labelling <p><i>IL – Revision.</i></p> <ol style="list-style-type: none"> 6. Assessment 1 	
14-18 (Spring 1)	Nutrition and Balanced Diets	<ol style="list-style-type: none"> 1. Balanced diet and Macronutrients 2. Practical: Stir Fry (including colour and variety, knife skills). Students look at current trends into make a healthy and colourful meal. This links to Eating a Rainbow for nutritional variety. 3. Balanced Diet and Micronutrients 4. Practical – Pizza (Proving, oven use, knife skills). Creating healthy food doesnt have to be difficult. Students make a pizza from scratch that includes all the nutrients from this half term. 5. Dietary Needs 	<p>Self evaluation</p> <p>Practical Assessment</p>
19-24 (Spring 2)	Food Sustainability	<ol style="list-style-type: none"> 1. Introduction to Food Miles, Seasonal Eating and Local Sourcing 2. Practical – Seasonal Vegetable Soup (Leek & Potato) – (knife skills, hob use). Students use vegetables that are grown seasonally in the UK to create a tasty, seasonal and cost-effective dish. 3. Food Waste 4. Practical – Frittata using left overs (oven use, creativity). Students look at the food that can go to waste, and try a dish to use up things left over in the fridge. 5. Ethical Sourcing 6. Practical – Fairtrade Banana Bread (Food Waste, baking). Students use over ripe bananas (commonly thrown away) to create a tasty treat. 	<p>Research Project as Independent Learning</p>
25-30 (Summer 1)	Global Cuisine	<ol style="list-style-type: none"> 1. Exploring Global cuisine and its impact on British Food 2. Practical – Tacos/Fajitas (knife skills, flavour combinations). Students blend spices and use previous units to create a colourful family meal. 3. Spice blending and flavour profiles in Global cuisines 	<p>End of topic assessment</p> <p>Practical skills</p>

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		<ol style="list-style-type: none"> 4. Practical – Spinach, potato and chickpea curry (vegetarian food, Indian spices, hob use). Packed with excellent nutrients, students explore the spices needed to create a healthy family tea. 5. The history and cultural significance of pasta. 6. Practical – Fresh Pasta (pasta machine, judgement and independence). Making pasta from scratch is a quick and easy skill to learn. Students use creativity to create pasta shapes to take home. 	
<p>31-38 (Summer 2)</p>	Food Presentation and Plating	<ol style="list-style-type: none"> 1. Principles of Food Presentation and plating techniques 2. Practical – Cooks Choice but using great presentation and plating. Students draw on all the skills learned in Y7 and 8 to create a visually appealing plate of food. We eat with our eyes! 3. Colour, Texture and Balance in food presentation. The Tunnock's Teacake Challenge 4. Practical – Danish Pastry. Using pre-rolled puff pastry, students design and make a variety of beautifully presented danish pastries. 5. Tunnock's Teacake design presentation 6. Practical – Create your Tunnock's Teacake plate. Following a brief, students decorate a Tunnocks Teacake. Peer assessed competition. 	Presentation of the Tunnock's Teacake Challenge