



# Richard Lander School

## Food – Year 8

During year 8 students develop their knowledge of healthy eating and diets, to understand how culture and religion can inform food choices that are made, both in the UK and around the world.

	<b>Lesson objectives</b>	<b>Lesson overview</b>
1	Discover how food choice is influenced by culture and religion.	Students are introduced to different countries and their staple dishes in the lesson and identify some of the factors that will affect the choices of food from these different countries.
2	Identify the principles of cleaning, preventing cross contamination, chilling, cooking and reheating food thoroughly	Introduction to the 4 C's in the food room and their importance in terms of bacterial growth and spread and how to prevent these things from happening, in order to stay safe.
3	Learn how to use a broader range of preparation techniques and methods when cooking.	Breads from around the world are identified via a series of pictures and the country to which they originate discussed. A demonstration of bread is carried out before identifying the different quality and safety points that must be followed in order to make a successful batch of bread, both on a small and large scale catering facility.
4	Following a recipe to produce a quality result.	During this practical lesson students will recap their knowledge of food hygiene and preparation points in order to create a successful batch of bread whilst managing the oven independently.
5	Identify the key points in Mexican culture and cuisine	After discussing the main points associated with the Mexican culture and diet, students will watch a demonstration of chilli con carne. They will also look at how to adapt the recipe for certain diets i.e. vegetarian. We will also identify the different types of carbohydrates that could be served with a chilli to make a balanced meal.
6	To control the hob to apply heat To follow good hygienic practices to make a successful product	During this practical students will need to control the heat of the hob, and plan the steps of their dish using a recipe card adequately, in order to create a successful chilli con carne independently.
7	Identify different religions and how their choice of food is reflected in their religious beliefs and values.	Identification of several different religions will take place during this lesson and students will begin to understand how food choices can be reflected by religious choices. We will undertake a pancake demonstration and students will be able to taste pancakes produced, whilst understand the significance of pancakes in the Christian religion.
8	Understand the importance of a healthy diet as depicted in the EWG and the government's 8 tips for healthy eating. Discover the nutrients provided by food and their functions in the body.	Students will match up the different nutrients that are provided by different foods and will discover the function of those nutrients within the body. This will allow them to understand why and how the body works to use these nutrients as food and energy for daily life.
9	Compare nutrition information to make informed food choices. Use taste and texture to decide how to combine ingredients.	Students will evaluate the nutrition labels of a homemade and shop bought smoothie in order to identify the added ingredients in foods and how they can affect an overall product. They will then taste a variety of different flavoured smoothies and carry out a sensory analysis on them in order to discover which is their favourite or least favourite and why.
10	To use electrical equipment properly and safely.	Students will use this practical lesson to use a new piece of equipment in the electrical blender. They will prepare their

		fruits hygienically and safely and then combine them to make a smoothie which they will then evaluate for a variety of sensory qualities.
11	Recognise how to modify recipes to promote healthy eating messages	Students will observe a demonstration on a banana tray bake in order to identify how to modify recipes in order to make them healthier. In this instance for example we will look at changes to the original recipe i.e. changing the plain flour for wholemeal flour to increase the fibre content. We will also look at Fair Trade in relation to the use of bananas and identify its importance in the food industry.
12	Following a recipe to produce a quality result.	During this lesson students will use their knowledge of food hygiene and preparation points in order to create a tray bake recipe.
13	Consider how to use a broader range of preparation techniques and methods when cooking	This lesson will focus on the Eat Well Guide and gaining a deeper understanding of it in relation to our diets. We will watch a pasta bake demonstration, preparing a range of vegetables and will make a cheese sauce, to incorporate into the pasta bake. Students will need to understand the importance of having multiple pans on the hob and how to manage them effectively. They will then select ingredients for their own pasta bake and will evaluate them against the Eat Well Guide.
14	Following a recipe to produce a quality result.	Students will create their own pasta bake product whilst using oven management and safety and utilising the time adequately.
15	Identify how to use taste, texture and smell to season a dish and combine ingredients together. Discover the importance of protein	Identification of function and sources of protein takes place and students will then identify other types and sources of protein for a range of dietary needs. Demonstration of a homemade burger will take place and this will include a vegetarian variety too. Students will then use the information to consider why a burger may be seen as an unhealthy food and will formulate their own opinions of this statement.
16	Following a recipe to produce a quality result.	Students will create their own burgers, whilst using their knowledge of food safety and hygiene to eliminate any risk of cross contamination, by using the correct equipment and utensils.
17	Identify the importance of Recommended Nutrient Intake as depicted by the government.	Students will begin to understand RNI and its importance in a balanced diet. They will consider nutrition labelling on products and will identify different amounts of nutritional quantities in a sausage, after watching a demonstration of sausage casserole.
18	Following a recipe to produce a quality result.	Students will work independently to make a sausage casserole, whilst using their knowledge of food safety and hygiene to eliminate any risk of cross contamination, by using the correct equipment and utensils.
19	Understand the importance of the energy balance and implications of dietary excess or deficiency.	During this lesson we will identify the main points in energy balance and the importance of ensuring the correct balance is in our diet. We will look at ways that this can be achieved through a variety of foods and an active life style. We will also carry out a demonstration of potato wedges and chicken nuggets.
20	Following a recipe to produce a quality result.	Students will work independently to make a wedges and nuggets, whilst using their knowledge of food safety and hygiene to eliminate any risk of cross contamination, by using the correct equipment and utensils.