

Year 8 Food and Nutrition

Topic 4: Food Science
Role of a food scientist -
colloidal systems - foams,
emulsions and gels - cooking
methods

Topic 3: Food Commodities
The role of the following in
the diet: bread and pasta. -
Functions of these and/ or
their ingredients -
How to select, store and
cook safely

Topic 2: Food Commodities
The role of the following in the
diet: meat, poultry, and
How to select, store and cook
safely

Topic 1: World Foods
Factors influencing food -
ingredients and dishes



Knowledge	Attributes / Character	Skills	Experiences
<ul style="list-style-type: none"> • Factors affecting foods eaten around the world. • The cuisine of India, Jamaica, UK, Japan, Mexico and Italy. • The value of meat, poultry and eggs in the diet. • Features and characteristics of meat, poultry and eggs to include safe storage. • The value of bread and pasta in the diet. • Features and characteristics of bread and pastas to include safe storage. • Food science - as a career • Colloidal systems - foams, gels and emulsions • Cooking methods - why food is cooked. • Dry / oil / water-based methods of cooking 	<ul style="list-style-type: none"> • Confidence - New dishes / ingredients • Contribution to discussion • Structured oracy work <ul style="list-style-type: none"> • Organisation - Book checks, Time management in practicals • Empathy - Cultural diet, food choice in other countries 	<ul style="list-style-type: none"> • Respect for differing ideas and perspectives. • Organisation / time management • Adaptive to change • Health and safety • Independence in practical • Food preparation skills and techniques 	<p>All students provided with ingredients to cook</p>