

## Food Preparation and Nutrition - Medium Term Plan - Term 3

Year Group 8	Subject: Food Preparation and Nutrition
<b>Prior learning- linked to National curriculum</b>	Students have gained knowledge and experience the different cooking methods and the effects of cooking different ingredients and how that affects the nutritional and sensory properties of food. Students have been able to produce healthy well balanced meals using non meat sources of protein and able to make sauces that can be used in the creation of a wide variety of different dishes, so as to improve their repertoire.
<b>Rationale</b>	Students will apply their current and learnt knowledge to understand how to vary ingredients to improve the nutritional content of a particular dish. This will enable them to make more informed choices when purchasing and creating food products. This will be supported by the use of a Nutritional data analysis tool. Students will learn how to vary a recipe and make it healthier without compromising on taste, texture or appearance. They will be able to apply their knowledge to every day shop bought items and identify the ingredients that need to be reduced in quantity as well as be able to replace them.
<b>Misconceptions</b>	
<b>Vocabulary:</b>	<b>Keywords:</b> Eatwell Guide, Healthy Diet, Vitamins, Minerals,
<b>Cultural Capital:</b>	There are a number of potential external and visiting opportunities for students to learn more about food and the career opportunities these include: Able to analyse food items from everyday purchases to support healthier life style and better food choices, be able to create own homemade dishes avoiding the consumption of highly processed foods
<b>Key assessments- name the assessments</b>	Assessment 1 - FPN: Cooking Techniques Theory: Google Classroom  Assessment 2 - FPN: Science of Cooking Food: Cook and present Pizza
<b>What do children know/ can do now (EDSM)</b>	Be able to state become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]  <i><b>Emerging-</b> To name the main Macronutrients we should avoid consuming in large amounts</i> <i><b>Developing</b> - To describe how foods can be replaced with better ingredients, reducing the amount of fats sugars and salts we consume</i> <i><b>Secure</b> - To be able to explain replacement ingredients can improve the nutritional content of a food item and the reasons why this is necessary</i> <i><b>Mastered</b> To explain the different methods of replacing ingredients so as not to alter the taste, texture and appearance of a shop bought item and suggest ways in which the nutritional value of a food item can be improved.</i>

