

Year 8 Food Technology Overview

Unit	Learning Objectives/Outcomes
Sweet & Sour	<ul style="list-style-type: none"> • International foods • Thickening a liquid • Accurate measuring • Julienne, brunoise, slicing • Showing the importance of good food safety • Being able to explain how cornflour works in our sauce
Curry (Assessment Lesson)	<ul style="list-style-type: none"> • International foods • Cooking with spices • Preparation of raw ingredients meat and veg • Controlling the consistency during cooking • The importance of working safely with meat storage and preparation, food poisoning • How to cook with spices
Risotto	<ul style="list-style-type: none"> • Staple foods • Preparation of vegetables • Preparation of other ingredients • Adding liquid • Consequence of adding too much liquid • Importance of tasting throughout
Macaroni cheese	<ul style="list-style-type: none"> • Thickening sauce by gelatinisation • Roux • Making a lump free sauce • Checking pasta for being cooked(al dente) • Flavour combinations to increase nutritional benefits • Understanding of the starch foods in eat well plate
Puff pastry pizza	<ul style="list-style-type: none"> • Appropriate use of convenience food • What is puff pastry • Shaping and layering • Rolling pastry • Explain how puff pastry rises • How food changes when cooked
Plate pie	<ul style="list-style-type: none"> • Function of ingredients • Glazing • Lining tin • Sealing and crimping edges • The impact of glazing a product • Recognising different types of pastry products

Victoria sandwich cake	<ul style="list-style-type: none"> • Creaming method • Types of flour • Lining tins • Portioning cake mixture • Function of ingredients • How to check the bake
Maids of honour (Assessment Lesson)	<ul style="list-style-type: none"> • Combining pastry and sponge making • Achieving high level finish • Rolling, lining • Time planning • Cake making methods • Appropriate choice of ingredients
Enriched bread	<ul style="list-style-type: none"> • Functions of yeast and how it works recap • Sweet and savoury spices • Kneading • Proving • Top tips for bread making • Bread as a staple food
Swiss roll	<ul style="list-style-type: none"> • Whisking method • Function of eggs - aeration • Whisking & folding • Rolling and decorating • Difference between the cake making methods • The importance of proportion of ingredients
Seasonal foods/celebrations	<ul style="list-style-type: none"> • Importance of food in different culture • Presentation and serving of food • Following a recipe • Mise en place • Understanding of food within celebrations • Recipe adaptation
Showcase (Assessment Lesson)	<ul style="list-style-type: none"> • Choosing & following a recipe