



Students ended their Year 7 food curriculum learning how to use the oven safely and were also introduced to a basic baking technique i.e. the rubbing -method. In Year 8 they will develop advanced baking skills -building on the rubbing method technique to produce more complex dishes. They will also gain further knowledge on a range of other baking techniques and skills; understanding of the scientific principles of cake, pastry and bread making; while developing more confidence in using the oven safely through a range of practical activities. The Year 8 curriculum is also designed to progress students' knowledge on the role of nutrients, fibre and water for good health; and students will learn to use sensory evaluation techniques to analyse baked goods.

HALF TERM 1 and 4: Make it! Bake It!

STUDENTS MUST KNOW:

- The principles of good nutrition with a focus on the nutrients, fibre and water; apply knowledge to modify recipes
- Food safety procedures when shopping for ingredients, eating out and cooking. Understanding what happens to bacteria at different temperatures.
- Apply cooking skills to prepare modified versions of traditional of British recipes- applying skills of rubbing, knife safety, chopping techniques, baking, adapting recipes.
- To be reflective learners by reviewing their learning.

HOW THIS WILL BE ASSESSED:

- Formal written assessment on nutrients and basic baking techniques.
- Teacher observation of students' application of the theory knowledge in a practical setting.
- Self-assessment opportunities

HALF TERM 2 and 5: Make it! Bake It!

STUDENTS MUST KNOW:

- Principles of pastry and cake making.
- Science of raising agents in baked goods.
- To modify recipes and apply baking skills to cook a pastry and cake product.
- Apply pastry and cake making skills to create a composite product.
- Work collaboratively to produce batched product.
- To be reflective learners by reviewing their learning.

HOW THIS WILL BE ASSESSED:

- Formal practical assessment based on students' ability to work in pairs to produce a batch of pastry-cakes whilst demonstrating hygiene, safety, weighing, measuring, use of oven, portioning, recipe modification.
- Self-assessment opportunities and informal verbal feedback.

HALF TERM 3 and 6: Make it! Bake It!

STUDENTS MUST KNOW:

- Principles of bread making
- Develop further baking skills including: proving, kneading, fermentation, recipe modification.
- Continue to develop and refine their ability to reflect and review their learning.

HOW THIS WILL BE ASSESSED:

- Teacher observation of students' application of the theory knowledge in bread-based products during practical sessions.
- Summative written assessment of the unit of work.
- Self and peer review opportunities and informal verbal feedback.

Embedding this knowledge can be supported at home by: encouraging students to visit foodaactoflife.org.uk website to reinforce knowledge and understanding of topics covered in lessons including accessing recipes that are pastry, cake and bread base. Also, supporting students with experimenting with pastry, cakes and bread recipes by adapting them to achieve low fat, low sugar and high fibre versions to support healthy eating lifestyle for family members; and encouraging students to work independently to produce items that are eaten as part of family meals. Recipes are uploaded onto Teams at least a week in advance- Parents please encourage students to creatively adapt recipes and also familiarise themselves with the recipes before the day of the practical.