

# High Tunstall College of Science Curriculum Intent

Subject: Food & Nutrition Year: 8 Spring (COVID)



## Topic: Food & Nutrition. Homemade meals

	Food and Nutrition	Progress		
Topic	Key ideas	R	A	G
Food commodities	I can <b>demonstrate</b> how to achieve food safety and hygiene in the food kitchen and why routines are in place			
	I can <b>demonstrate</b> confidently a range of practical skills i.e. use of the hob, boiling, sauce making, browning, oven baking, all in one, whisking, coating, safe handling of			
	I can <b>describe and explain</b> functions of ingredients used in a product (why they are used and what they do). I can <b>explain</b> what gelatinisation means			
	I can <b>plan</b> a healthy meal for a specific target group with consideration of nutritional needs			

Lesson	Learning Focus	Assessment	Key Words
1 & 2	Can you make Mac and Cheese following a step by step demonstration? Can you explain gelatinisation of a cheesy sauce?	Practical product, photographs, Q&A, Frayers model, assessment	Pasta, white sauce, gelatinisation, thicken, all in one
3 & 4	Can you explain the 8 healthy tips for healthy eating and be able to suggest ways to do this?  Can you suggest a meal plan for a teenager?	Q&A, frayers model, Assessment	Meal planning, nutrients, balanced diet
5	Can you demonstrate your knowledge and understanding of ingredients? Can you recall your knowledge of nutrition?	Assessment and Feedback	