Fareham Academy Food Preparation & Nutrition Overview – Year 8



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic(s)	World Food Part 1	World Food part 2	Go Veggie Part 1	Go Veggie Part 2	Baking Part 1	Baking Part 2
Topic Objectives	Explore how to cook alternative dishes from around the world.	Explore how to cook alternative dishes from around the world.	Explore how to cook meat-free alternatives.	Explore how to cook meat-free alternatives.	Bake cookies and muffins.	Bake Fruit Flan, Victoria Sponge and Jam Tarts.
Acquired Knowledge/Skills	Prepare dishes from scratch. Apply spices to add flavour and colour. Dishes: Fajitas, Burgers, Paella.	Apply different spices, sauces and oils to add flavour and colour. Create a basic Naan Bread base to use as a pizza base. Dishes: Naan Bread Pizza, Chicken Chow Mein and Minced Pies (for Christmas).	Explore a healthy diet. Investigate the impact of animal farming on the environment. Compare and contrast grill and chargrill. Dishes: Vegetable Omelette, Chargrilled Vegetable Couscous.	Explore the basics of cooking egg fried rice. Create a meat-free sauce. Dishes: Vegetable Fried Rice, Creamy Vegetable Pasta and Pancakes (for Pancake day)	Investigate the importance of a preheated oven and preparing tins. Measure ingredients appropriately. Explore different mixing techniques. Dishes: Quatre Quarts Muffins, Chocolate Chips Cookies.	Cook different sponge types bakes. Create short crust pastry. Dishes: Fruit Flan, Victoria Sponge, Jam Tarts.
Assessments	Students are verbally assessed at the end of each lesson based on their presentation and teamwork. The best team wins a rewarded.	Students are verbally assessed at the end of each lesson based on their presentation and teamwork. The best team wins a rewarded.	Students are verbally assessed at the end of each lesson based on their presentation and teamwork. The best team wins a rewarded.	Students are verbally assessed at the end of each lesson based on their presentation and teamwork. The best team wins a rewarded.	Students are verbally assessed at the end of each lesson based on their presentation and teamwork. The best team wins a rewarded.	Students are verbally assessed at the end of each lesson based on their presentation and teamwork. The best team wins a rewarded.