

Assessment and Home learning overview		Year 8 Food Technology
Assessment	Time	Assessment Details
MCQ Test on knowledge gained both short term and over time.	30 mins	You will complete a 25-question multiple choice assessment in class testing your knowledge on your prior learning. You will also be graded on your practical skills this year including an assessment practical in the assessment time.
Key online resources: <a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf</a>		

Week	Date	Knowledge retrieval task	Activity/ Help resource
1&2	03/09/24	<b>Theory</b> Introduction to the Eat Well Guide. Develop and consolidate knife and hob skills. <b>Demonstration of Glazed fruit tart</b>	To explore what makes a healthy meal looking closely at macronutrients (carbohydrate, protein, fruit and vegetables, dairy and fat) <b>Food provenance</b> <a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf</a>
3&4	16/09/24	<b>Practical</b> To revisit and practise using the bridge and claw grip to make a fruit tart with a glazed finish. Practise using the hob to make a balanced healthy dish.	Develop and consolidate knife and hob skills <a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf</a>
5&6	30/09/24	<b>Theory -Focus on key skills:</b> Use the oven safely with support. Modify a yeast-based recipe. Adapt a recipe to make either a sweet or savoury dish <b>Demonstration of Curry sauce and Naan bread</b>	To modify a yeast-based recipe. To adapt a recipe to make a savoury dish to sweet. To start to name the macronutrients and state why they are important in the diet <b>Food provenance</b> <a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf</a>
7&8	14/10/24	<b>Practical-Curry sauce &amp; Naan bread</b> Carbohydrates	To recognise that bread is a carbohydrate and be able to use the oven safely to Naan

		To practise using the hob to make curry sauce and Naan bread using the boiling and simmer method.	Bread. To start to name the macronutrients and state why they are important in the diet. Vegetables <b>Food provenance</b> <a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf</a>
9&10	28/10/24	<b>Theory</b> Focus on nutrients special dietary requirements Grating, boiling, mashing and baking frying reduction <b>Demonstrate</b> <b>Quorn cottage pie</b>	To recognise the macronutrients and micronutrients in the dish To start to name the macronutrients and state why they are important in the diet. <b>Food provenance</b> <a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf</a>
11&12	11/11/24	<b>Practical</b> Grating, boiling, mashing and baking Piping <b>Quorn cottage pie</b>	Present dish, monitor and time cooking carefully. Read through and identify the skills within the recipes. <b>Special dietary needs</b> <a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf</a>
13&14	25/11/24	<b>Theory</b> evaluation, allergies and intolerances, evaluating food and the different types of aeration, seasonal Proteins amino acids micronutrients <b>Demonstrate</b> <b>Gingerbread</b>	Seasonal foods To start to name the macronutrients and state why they are important in the diet. <a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf</a>
15&16	09/12/24	Create a presentation for a celebration. Use the oven independently. Prepare, combine, and shape ingredients to equal sizes. <b>Gingerbread</b>	To be able to combine the spice ginger to make a biscuit for a festive celebration. To use short crust pastry to make mince pies. To start to name the macronutrients and state why they are important in the diet. Fats <a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&amp;type=pdf</a>

