

## Year 8 Unit Overview: Food and Nutrition

### You will learn about:

Throughout this project, you will explore and analyse cultural diversity throughout worldwide cuisine.

You would consider ways to source ingredients in an ethical and sustainable manner and evaluate the use of alternative products to meet the requirements of different diets.

You will also be developing new and more complex skills in bread and pasta making as well as exploring techniques used in the cooking of meat and egg dishes.

Throughout the project, you will have the opportunity to research and select ingredients to adapt and develop your recipes, evaluating their effectiveness in your dishes.

### You will know and understand

- Cultural diversity within food and cooking methods.
- How to select and buy ingredients in an ethical manner.
- Varieties of pasta and bread. The techniques used to produce these.
- The use of raising agents within food production.
- Social and moral beliefs behind dietary choices.
- The functions of eggs in cooking.
- Vegetarian and Vegan diets and alternative ingredients.

Lesson Overview	Key Words
<b>Lesson 1</b> – Cultural and Religious Beliefs. Fusion Cookery.	Cuisine
<b>Lesson 2</b> – <b>Focaccia Bread Group</b> Bread around the world. Raising agents in food. <b>Practical.</b>	Cultural
<b>Lesson 3</b> – <b>Sweet and Sour Practical</b> Meat And Alternatives. Nutrition through life.	Ethical
<b>Lesson 4</b> – <b>Katsu Curry Practical.</b> Ethical Sourcing of Ingredients. Fair Trade, Food Miles.	Social
<b>Lesson 5</b> – <b>NY Strawberry Cheesecake</b> Factors affecting food choice. Environmental Impact of food production.	Function
<b>Lesson 6</b> – <b>Showstopper Planning.</b> Cuisine research. Cooking methods and recipe planning.	Leavening
<b>Lesson 7</b> – <b>Showstopper Competition.</b> Final Reflection.	Yeast
	Fusion
	Adaptations
	Beliefs
	Emulsify
	Raising
	Knead
	Prove
	Thickening
	Seasoning

**Cross curricular****R.E/Philosophy**

Religious beliefs and diets. Ethical sourcing of Ingredients. Cultural diversity in food.

**Science**

Functions of eggs within cooking such as emulsifying.

Raising agents and reactions within bread making.

Nutrients and their functions within meat and alternatives.

**SMSC/PSHE:**

Moral and cultural beliefs.

Ethical sourcing and Fair Trade.

Cultural diversity in diets and cooking techniques.

**Literacy:**

Research and analysis of world cuisine.

Scanning and writing of recipes.

Key terms regarding functions and techniques.

**Numeracy:**

Times, measurements and Temperatures.

Costing Ingredients.

**Support materials and Websites**

**See important resources, feedback and information about lessons in your Showbie Class folder.**

**<http://www.foodafactoflife.org.uk/site.aspx?siteId=19&t=3>**

**<https://www.bbcgoodfood.com/>**

**<https://www.bbc.com/food/techniques>**

**<https://www.vegsoc.org/>**

**<https://www.bbc.com/bitesize/subjects/zb8jmp3>**