



# Year 8 Food & Nutrition / Design Technology Learning Journey

## Transferable skills for Food & Nutrition:

- Understand and apply principles of nutrition and health
- Cook repertoire of mainly savoury dishes
- Competent in range of cooking techniques (key skills for each practical as displayed in red font)
- Understand source, seasonality and characteristics of ingredients

## Numeracy

- Sequencing recipes - timing - weighing and measuring - units of measurement

## Literacy

- Reading and interpreting recipes - Oral presentation - key words

## Science

- bacterial contamination/food safety - chemical raising agents
- methods of heat transfer - nutrition

## Careers Links for Food & Nutrition

### Career Links:

- Hygiene and safety in catering environments
- Practical cookery skills
- Diet & Health
- Team work / interpersonal skills
- Independent work

## Night Light Project

## Metal

## End of Year

## Key Topic 5

Wood properties

Mock-up and prototyping – using card to assess suitability and links to specification

Joints -variety of joints including butt joint, dowel and finger joints

Assembly of product  
Finishes – looking at a variety of wood finishes to create high quality product

Circuits – soldering skills and safety – what is a good joint and practice soldering

Circuits – learn about components used and soldering skills

## Design Technology – Night Light Project

CAD - 2D design, designing the product

Design ideas – theme culture/design movements

Looking at different design movements to influence design

Specification & Design movements

Brief and research

## Key Topic 4

Three Term rotation of Food & Nutrition and Design Technology – This Learning Journey reflects a student who has studied Food & Nutrition for Terms 1-3 and Design Technology for Terms 3-6.

## Key Topic 3

**Practical:**  
Dutch Apple Tart

**Theory:** Pastry - Science/Provenance

**Practical:** Jam Tarts (key skills: weighing & measuring, rubbing in, combining, rolling pastry, shaping/cutting pastry, using the oven)

**Practical:**  
International Dish

**Theory:**  
International Cuisine

## Food & Nutrition

## Key Topic 2

**Theory:**  
Raising Agents

**Practical:**  
Enriched bread

**Theory:** Flour – Food Provenance

**Practical:**  
Bread Rolls

**Theory:**  
Bread Science

**Practical:** Quorn Chinese Noodles (key skills: knife skills, using the hob, making a sauce, measuring)

## Key Topic 1

## Introduction to Food & Nutrition

Introduction to Food & Nutrition

**Practical:** Italian Stuffed Chicken/Peppers & Couscous

**Theory:** Safe storage and temperature control

**Practical:** Tandoori Chicken Leg, Raita & Salad

**Theory:**  
Food poisoning

**Practical:**  
Chilli Con Carne & Rice