

<b>Food</b> <b>Year 8 – Healthy Eating</b> Please note Food Technology lessons are delivered over 2 rotations of 4 lessons a fortnight for approx. 5 weeks		
<b>Term</b>	<b>Topic</b>	<b>Homework Tasks</b>
<b>Rotation 1</b>		
(8 lessons)	Healthy eating Hygiene & safety Reducing sugar Fruit as a sweetener Eggs Protein  <i>Practical sessions:</i> <i>Omlette</i> <i>Healthy Eating tasting</i> <i>Chilli or bolognaise</i> <i>Kebabs</i> <i>Reduce sugar Cake experiment</i> <i>Banana cakes</i> <i>Carrot cakes</i>	Mood board Eatwell guide Make a pledge  Ingredients for practical sessions
(4 lessons)	Healthy eating: Industrial context Carbohydrates - Scone making. Raising agents  <i>Practical sessions:</i> <i>Practical scones sweet</i> <i>Practical pinwheel pizza scones</i>	research  Ingredients for practical sessions
<b>Rotation 2</b>		
(3 lessons)	Healthy Burgers  <i>Practical Session :-</i> <i>Burger tasting</i> <i>Own healthy Burger</i>	Research  Ingredients for practical sessions
(3 lessons)	Factors affecting food choice Bread making Complex carbohydrates  <i>Practical sessions-</i> <i>Bread making</i> <i>Pizza making</i>	Pizza for different needs Research Italian foods  Ingredients for practical sessions

(2 lessons)	<p>Multicultural Marinating Protein</p> <p><i>Practical sessions- Fajitas</i></p>	<p>Research Mexican food</p> <p>Ingredients for practical session</p>
(4 lessons)	<p>Healthy Eating: Complex carbohydrates - Pasta</p> <p><i>Practical sessions- Practical pasta salad Practical pasta bake Optional choc cookies</i></p>	<p>Pasta questions</p> <p>Ingredients for practical sessions</p>