

# Food HT 1 : Learning Journey

## What are we learning about?

In this unit we will be learning about how yeast works, why gluten formation is important and the importance of following a recipe correctly.



## Why are we learning about it?

Bread making is a vital and useful skill to learn and can be the building block for many different recipes. Being able to use yeast correctly is an important tool for different cuisines.



## What new KNOWLEDGE will I gain?

I will be learning about food science, the functions of certain ingredients in recipes. The conditions required for yeast to grow and how they affect the outcome of a product.

## TOPIC: Bread



## How does this build on the SKILLS I already have?

This will enhance the use of flavour combinations from previous practicals and good kitchen practices. The ability to use my own choices gives me more independence and more confidence.



## What new SKILLS will I develop?

I will learn the new skills of kneading, proving and shaping in relation to use of a dough based product.



## How does this build on the KNOWLEDGE I already have?

I will build on the skills of measuring and weighing in order to make a complete product. This will also use the hygiene and safety rules that we have covered before.

## Food HT 2: Learning Journey

### What are we learning about?

In this unit we will be learning about healthy eating and the Eatwell Guide.



### Why are we learning about it?

In learning about nutrition we can make healthier choices in the food that we eat and understand how the nutrients help us to function.



### What new **KNOWLEDGE** will I gain?

I will be able to identify the specific nutrients in the sections of the Eatwell Guide and relate how these affect our bodies.

## TOPIC: Nutrition



### How does this build on the **SKILLS** I already have?

I can already change ingredients in recipes to my taste.



### What new **SKILLS** will I develop?

I will be able to plan and modify recipes with regards to personal nutritional needs.



### How does this build on the **KNOWLEDGE** I already have?

Having already learnt about the sections of the Eatwell Guide, I can now distinguish between the different types of nutrients in each section.

## Food HT 3: Learning Journey

### What are we learning about?

In this unit we are learning about food science and the chemistry of foods.



### Why are we learning about it?

Being able to understand the functions of ingredients and how they work will make it easier to fix any issues when they occur.



### What new KNOWLEDGE will I gain?

I will be able to understand what gelatinisation is and how it occurs. This will make it easier to modify recipes.

## TOPIC: Food Science



### How does this build on the SKILLS I already have?

I will be able to become more independent by choosing my own ingredients. Using previous taught knife skills will be improved upon.



### What new SKILLS will I develop?

I will be able to master sauce making skills, not only during an experimental lesson but via the practical.



### How does this build on the KNOWLEDGE I already have?

This will build on previous food science vocabulary such as coagulation.

## Food HT 4 : Learning Journey

### What are we learning about?

In this unit we will be continuing with food science principles. This will focus on the use of thickening agents.



### Why are we learning about it?

This is a continuation of the topic as how dishes are thickened can change the outcome of the product in very different ways.



### What new KNOWLEDGE will I gain?

I will learn about the functions of ingredients including the different types of thickening agents and how they are used.

## TOPIC: Food science



### How does this build on the SKILLS I already have?

The skill of sauce making will be used again in conjunction with knife skills and food hygiene.



### What new SKILLS will I develop?

I will be able to develop my practical skills particularly in relation to different types of raw meat.



### How does this build on the KNOWLEDGE I already have?

Having already learnt about gelatinisation and the process, I can understand how the different thickening agents react in different ways.

## Food HT 5: Learning Journey

### What are we learning about?

In this unit we will be looking at multicultural food. We will also be discussing why people choose the foods they do.



### Why are we learning about it?

We are learning about this in order to understand how dishes can vary between cultures.



### What new KNOWLEDGE will I gain?

I will be able to understand the different diets that some religious groups may have and the restrictions some people may have when choosing foods.

## TOPIC: Multiculturalism



### How does this build on the SKILLS I already have?

I will be able to continue to work in a safe and hygienic way particularly in relation to raw meats.



### What new SKILLS will I develop?

I will be able to develop the skill of the maillard reaction. I will now be able to examine the needs of different cultures and choose dishes suitable for those groups.



### How does this build on the KNOWLEDGE I already have?

Looking at the restrictions will mean that the nutritional knowledge previously learnt will have to be taken into account when tailoring recipes. Being able to identify possible health problems as a result of the dietary choices can be taken from nutritional information.

## Food HT 6: Learning Journey

### What are we learning about?

In this unit we will be learning about the environmental impact of food miles and the sustainability of products.



### Why are we learning about it?

Learning about food miles means that I can choose foods which are seasonal when they are at their peak in taste and more economical.



### What new KNOWLEDGE will I gain?

I will be able to look at a seasonal calendar and understand when the optimal times are to pick and buy ingredients.

## TOPIC: Sustainability and Environment



### How does this build on the SKILLS I already have?

The skills of pastry making will be the basis for pate sucree. I will also be able to continue working hygienically and safely



### What new SKILLS will I develop?

I will be able to assess the impact the foods we buy have on the environment. I will also develop the skill of sweet pastry making.



### How does this build on the KNOWLEDGE I already have?

This topic links back to year 7 with ethical issues and the environmental issues. This will look more in depth at the implications on economy.