

# Year 8 - Food

## What are we learning about?

You will learn about the science and different methods of making cakes. You will then learn about bread and how it's made and how to prepare and cook a range of healthy family meals that are more challenging than the year 7 dishes.

## Why are we learning about it?

This year you will be developing your understanding of the function of ingredients and how to make more challenging dishes. This will enable you to add variety to your diet and be successful when being creative with food.

## What new KNOWLEDGE will I gain?

- Able to identify a wider range of international dishes.
- Know how to judge when food is cooked so it is safe to eat.
- Understand the function of ingredients, how they work and what to select depending on the recipe.
- How to utilise ingredients to avoid food waste.

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

This year you will be building your knowledge and variety of dishes you will know how to make. You will also be able to understand why ingredients are chosen and how to utilise them better.

## What new SKILLS will I develop?

- Using your knife with precision and accuracy.
- Stir frying, making sauces, shaping, kneading, cake methods.
- Creating dishes with multi-elements and more challenge.

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

You know how to use the cooker for a limited range of cooking methods. You were also just building your skills to use a knife safely.



- Victoria Sponge
- Spiced Fruit Cake
- Vegan Brownies
- Rock Cakes
- Doughballs and Garlic Butter
- Mac 'n' Cheese
- Sweet and Sour Chicken
- Chicken and Chorizo Paella
- Bolognese Pasta Bake
- Fish Pie
- Stir Fry
- Bread and Butter Pudding
- Tropical Trifle
- Oreo Truffles