

**Overview**

Year 8 Food Technology covers cooking skills and nutrition. This is taught in specialist food rooms. A variety of creative design and make activities alongside developing cooking techniques and understanding how nutrition and healthy eating are developed.

Year 8 Food Technology

Term 3

Continue to work with different types of pastry to make different products, taste testing bought products vs homemade. Work towards the great Eskdale Bake Off? Focusing on different types of presentation techniques to show our baking skills off to produce a product of high quality.

**Term 1**

Continue to dive deeper into Health, safety and hygiene and starting to understand more about bacteria and food poisoning. Living a Healthy life style and the eat well plate as a guide to cooking our food and looking at weighing, measuring and baking in greater depth.

**Term 2**

You will be cooking a range of dishes e.g. fish cakes, savoury rice, muffins, pizza pin wheels. You will be expected to consider the sustainability of food, including how far it has travelled from field to fork. You will learn about alternative proteins and cook with some such as quorn and tofu. You will also learn how to make your own pasta.