

Food and Nutrition – Our Food Journey

Year 8 2024/25



Recap of routines, healthy & safety.

Fairtrade

Nutrition – Yellow section
Carbohydrates



Apple Swans



Pineapple Upside Down Cake

Breadmaking



Focaccia



Pizza Whirls

Sensory Analysis

Chocolate Brownies



CHEF DE PARTIE CHALLENGE - PASTA

Half term 1

Half term 2

Nutrition – Purple section: fats

Vegetable Samosas



Sustainability, ethical reasoning.



CHEF DE PARTIE CHALLENGE – PORTION CONTROL

Nutrition – Pink section: Protein



Sweet and Sour chicken



Chilli



Quesadillas

Mince Pies



Half term 3

CHEF DE PARTIE CHALLENGE - EGGS



Nutritional Deficiencies



Chow Mein



Half term 4

Alternative sources of protein

Nutrition – Minerals



Milk & non dairy alternatives



HEAD CHEF CHALLENGE



Nutrition – Vitamins



Intro to Y9 Creative Option

Half term 5

Half term 6

Y9 creative choice?

Fruit Tart



Fish cakes



Low fat Curry



Highlight in green when you have completed the practical work.

