Year 8: Route map
Subject: Food & Nutrition

Rotation 1

Week 1+2 Topic
Cooking of food and heat transfer

Week 3+4 Topic
How cooking affects sensory and nutritional properties

Week 5+6 Topic
Functional and chemical properties of food – shortening and aeration

Week 7+8 Topic
Functional and chemical properties of food – denaturation and coagulation

Week 9
End of rotation assessment

Week 1+2 Practical
Bread

Week 3+4 Practical
Scones – sweet or savoury

Week 5+6 Practical
Flaky pastry

Week 7+8 Practical
Cheese straws

Rotation 2

Week 1+2 Topic
Labelling – What's on a label + Traffic light labelling

Week 3+4 Topic
Allergens including modifying a recipe for a particular need

Week 5+6 Topic
Food waste

Week 7+8 Topic
Costing food

Week 9
End of rotation assessment

Week 1+2 Practical
Leek and potato soup

Week 3+4 Practical
Savoury rice

Week 5+6 Practical
Sizzling stir-fry

Week 7+8 Practical
Burrito – home-made wraps