

## 8N Class - Navigator Curriculum *Food/Double Lesson per week*

Year	2022 – 2023 Autumn 1 Unit 1	2022 – 2023 Autumn 2 Unit 2	2022 – 2023 Spring 1 Unit 3	2022 – 2023 Spring 2 Unit 4	2022 – 2023 Summer 1 Unit 5	2022 – 2023 Summer 2 Unit 6
Year 8	<p><b>Topic:</b> <u>Basic chopping skills: intro to using bridge and claw technique effectively</u></p> <p><b>Suggested Key questions:</b></p> <p>Do you know basic sources of foods?</p> <p>Can you name different sources of foods independently?</p> <p>Can you investigate different sources of foods?</p> <p>Can you use a bridge technique?</p> <p>Can you use a claw technique?</p> <p>Can you chop vegetables with support?</p> <p>Can you chop vegetables independently?</p> <p><b>Key skills and knowledge:</b></p> <p><b>To know different types of foods.</b></p>	<p><b>Topic:</b> <u>Basic chopping skills: intro to using bridge and claw technique effectively</u></p> <p><b>Suggested Key questions:</b></p> <p>Can you chop vegetables with support?</p> <p>Can you chop vegetables independently?</p> <p>Can I participate in preparing simple dishes safely and hygienically?</p> <p>Am I able to choose the right equipment and ingredients?</p> <p><b>Key skills and knowledge:</b></p> <p><b>To be able to know the steps how to chop vegetables.</b></p> <p><b>To know how to use a bridge and claw technique.</b></p> <p><b>Students will be able to demonstrate chopping vegetables using both techniques with or without support.</b></p>	<p><b>Topic:</b> <u>Weighing/measuring: Demonstrating how to do these skills effectively.</u></p> <p><b>Suggested Key questions:</b></p> <p>Do you know what equipment can be used when weighing and measuring?</p> <p>Can use a kitchen scale?</p> <p>Can you use a measuring jug?</p> <p>Can you list ingredients we need to weight using a scale?</p> <p>Can you list ingredients we need to measure using a measuring jug?</p> <p><b>Key skills and knowledge:</b></p> <p><b>To be able to use kitchen scales, measuring jugs, to be able to weigh and measure ingredients for food preparation with a</b></p>	<p><b>Topic:</b> <u>Weighing/measuring: Demonstrating how to do these skills effectively.</u></p> <p><b>Suggested Key questions:</b></p> <p>Do you know how many grams is in one kilogram?</p> <p>Do you know how many milliliters one litre holds?</p> <p>Can you convert whole grams into kilograms, with some support?</p> <p>Can you convert milliliters in litres, with some support?</p> <p><b>Key skills and knowledge:</b></p> <p><b>To be able to recognize that 1 kg =1000 g and 1 l=1000ml;</b></p> <p><b>To demonstrate an ability to use a</b></p>	<p><b>Topic:</b> <u>Peeling and grating: Can you show how to do these skills effectively?</u></p> <p><b>Suggested Key questions:</b></p> <p>Do you know what equipment we need to use for peeling the foods?</p> <p>Do you know what equipment we need to use to grate foods?</p> <p>Can you list potential hazards when we peel off the foods?</p> <p>Can you list potential hazards when we grate the foods?</p> <p><b>Key skills and knowledge:</b></p> <p><b>To be able to peel and grate safely, with support, progressing onto independent peeling and grating.</b></p>	<p><b>Topic:</b> <u>Peeling and grating: Can you show how to do these skills effectively?</u></p> <p><b>Suggested Key questions:</b></p> <p>Can you peel off food items independently?</p> <p>Can you grate food items independently?</p> <p>Do you know how to peel an egg?</p> <p><b>Key skills and knowledge:</b></p> <p><b>To demonstrate an ability to use a peeler and a grater with</b></p>

	<p>To be able to know the steps how to chop vegetables. To know how to use a bridge and claw technique.</p> <p>Students will be able to demonstrate chopping vegetables using both techniques with or without support.</p>		<p>miniumn support or independently.</p> <p>To demonstrate an ability to use a kitchen scale and measuring jug with support, progressing into an independent using the equipment. Practical tasks, teacher`s assessment, self-evaluation.</p>	<p>kitchen scale and measuring jug with support, progressing into an independent using the equipment. Practical tasks, teacher`s assessment, self-evaluation.</p>	<p>To demonstrate an ability to use a peeler and a grater with support, progressing into an independent using the equipment. Practical tasks, teacher`s assessment, self-evaluation.</p>	<p>support, progressing into an independent using the equipment. Practical tasks, teacher`s assessment, self-evaluation.</p>
<p>Links to Gatsby Benchmarks:</p>	<p><b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning.</p> <p><b>Benchmark 4.</b> STEM opportunities-linking career opportunities and what aspects of mathematics (e.g. measuring) they are learning. Careers in catering Students will investigate jobs and skills required for these jobs</p>	<p><b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning.</p> <p><b>Benchmark 4.</b> STEM opportunities-linking career opportunities and what aspects of mathematics (e.g. measuring) they are learning. Careers in catering Students will investigate jobs and skills required for these jobs</p>	<p><b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning.</p> <p><b>Benchmark 4.</b> STEM opportunities-linking career opportunities and what aspects of mathematics (measuring) they are learning. Careers in catering Students will investigate jobs and skills required for these jobs</p>	<p><b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning.</p> <p><b>Benchmark 4.</b> STEM opportunities-linking career opportunities and what aspects of mathematics (e.g. measuring) they are learning. Careers in catering Students will investigate jobs and skills required for these jobs</p>	<p><b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning.</p> <p><b>Benchmark 4.</b> STEM opportunities-linking career opportunities and what aspects of mathematics (e.g. measuring) they are learning. Careers in catering Students will investigate jobs and skills required for these jobs</p>	<p><b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning.</p> <p><b>Benchmark 4.</b> STEM opportunities-linking career opportunities and what aspects of mathematics (e.g. measuring) they are learning. Careers in catering Students will investigate jobs and skills required for these jobs</p>