

This Year 8 Food Studies scheme builds on prior learning by reinforcing healthy eating routines based on the Eatwell Guide and the 8 Tips for Healthy Eating. Through a range of practical lessons, students develop key cooking techniques, including rubbing-in, pastry making, knife skills, and safe use of kitchen equipment. The scheme emphasises adapting recipes for dietary needs, with gluten-free, dairy-free, halal, and egg-free modifications where necessary. Lessons focus on balanced meals, whole grain alternatives, and seasonal ingredients to encourage nutritious choices. Additionally, students explore food provenance and sustainability, understanding the environmental impact of food choices, the benefits of using locally sourced and seasonal produce, and ways to reduce food waste. Nurture groups may follow Year 7 practical's, ensuring scaffolded support for skill development. By engaging in hands-on cooking, students build confidence, independence, and a deeper understanding of how to apply healthy eating principles in daily life while making sustainable food choices. Year 8 Eatwell Guide and 8 tips to healthy eating

Year 8 Nurture groups may follow year 7 practical's

1. Rubbing in scones/Welsh cakes gluten free and dairy free modifications
2. Rubbing in pastry sausage rolls gluten free, halal and dairy free options
3. Frittata knife skills Potato/ tuna fish cake for egg allergen
4. Stuffed naan bread *gluten and dairy free option
5. Seasonal fruit pie knife skills using a peeler
6. Quiche low fat tortilla knife skills dicing
7. Soup /layered salad seasonal various knife skills and safe use of the hob / kettle couscous
8. Pizza bread dough
9. Banana bread (wholemeal version) Gluten and egg free option
10. Swiss roll (avoid with egg free classes)
11. Digestive biscuits
12. Rice cake rolls (grater)
13. Cheese and onion pasties

1. Rubbing in – Scones, Welsh Cakes (Gluten-Free and Dairy-Free Modifications)

- To apply the rubbing-in method to achieve the correct texture in baked goods.
- To explore and adapt recipes to accommodate dietary requirements such as gluten and dairy intolerances.

2. Rubbing in – Pastry, Sausage Rolls (Gluten-Free, Halal, and Dairy-Free Options)

- To develop pastry-making techniques, including handling and rolling dough.
- To understand how dietary modifications affect the texture and structure of pastry.

3. Frittata – Knife Skills, (Potato/Tuna Fish Cake Egg-Allergen Alternative)

- To practice safe knife skills, including slicing and dicing vegetables.
- To explore alternative protein sources for individuals with egg allergies.

4. Stuffed Naan Bread (Gluten and Dairy-Free Option)

- To be aware of different types of bread products
- To develop shaping and stuffing techniques while ensuring food is evenly cooked.

5. Seasonal Fruit Pie – Knife Skills, Using a Peeler

- To improve knife skills by peeling and slicing fruit safely and efficiently.
- To explore the impact of seasonal eating on nutrition, sustainability, and cost.

6. Quiche / Low-Fat Tortilla, Knife Skills Gluten free options (Dicing)

- To develop dicing skills and apply them to prepare a range of vegetables.
- To be aware of how to modify products for special diets

7. Soup / Layered Salad – Seasonal Ingredients, Knife Skills, Safe Use of the Hob/Kettle, Couscous

- To demonstrate safe use of kitchen appliances such as a hob and kettle.
- To explore the nutritional benefits of soups and salads as part of a balanced diet.

8. Pizza – Bread Dough

- To develop an understanding of kneading process and its role in bread-making.
- To practice kneading and shaping techniques to create a stretched pizza base.

9. Banana Bread (Wholemeal Version, Adaptable for Gluten and Egg-Free Options)

- To explore how wholemeal flour affects texture, nutrition, and flavour in baking.
- To consider how to reduce food waste.

10. Swiss Roll (Avoid with Egg-Free Classes)

- To understand the role of eggs in achieving a sponge cake.
- To use an electrical whisk safely

11. Digestive Biscuits

- To explore the nutritional function of different ingredients, such as wholemeal flour and oats, in biscuit-making.
- To apply precision in weighing and measuring to achieve the correct biscuit texture.

12. Rice Cake Rolls (Grater Use)

- To practice safe grating techniques when preparing ingredients.
- To explore how different textures and flavours can be combined in a single dish.

13. Cheese and onion pasties

To practice