



Year 8



Nurturing Nutrition

The BIG Picture

Learning Objective: Learn technical knowledge and practical skills through a series of class based and home learning sessions **SO THAT** you can prepare and cook nutritious dishes. Plus, an introduction to food provenance.

- Session 1 focuses on the roles of macronutrients and the importance of a balanced diet.
- Session 2 focuses on micronutrients, their roles and the effects of nutritional deficiencies.
- Session 3 focuses on raising agents, batch production and the function of ingredients.
- As part of each session, you will conduct a practical to develop your preparation and cooking skills.

Assessment: You will be formally assessed twice during this project: one skills based and one knowledge-based assessment. You will reflect on your assessments by identifying your successes and the elements you could improve.



Nurturing Nutrition

Key Terminology

DT Skills	Project Skills		Nutrition
<ul style="list-style-type: none"> ● Resilience ● Perseverance ● Independence ● Teamwork ● Health & Safety ● Planning ● Preparation ● Making ● Sensory analysis ● Quality Control ● Evaluating 	<ul style="list-style-type: none"> ● Cooking ● Weighing ● Measuring ● Temperature control ● Cutting ● Bridge Grip ● Claw Grip ● Julienne ● Slicing ● Mincing ● Grating 	<ul style="list-style-type: none"> ● Hygiene ● Batch production ● Baking ● Frying ● Stir-fry ● Grilling ● Mashing ● Kneading ● Proving ● Boiling ● Simmering 	<ul style="list-style-type: none"> ● Nutrition ● Macronutrients ● Carbohydrates ● Protein ● Fats ● Micronutrients ● Vitamins ● Minerals ● Iron ● Calcium ● Water

Equipment

				
Cooker	Scales	Measuring spoons	Measuring jug	Frying Pan
				
Hob	Vegetable knife	Vegetable peeler	Potato masher	Wok
				
Grill	Spatula	Pastry brush	Utensils	Saucepan
				
Oven	Chopping board	Sieve	Colander	Baking Tray