The Highsted Tutoring Programme

Year 8 Food Preparation and Nutrition

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| Week Beginning | Topic/Skill Focus | Video Resource | Assignment |
| November 1 | Food Poisoning  | <https://www.youtube.com/watch?v=02j-23XWgu0>  | In your own words explain what causes food poisoningBactria that causes food poisoning and symptoms of food poisoningPrevention |
| November 8 | Water and Fibre  | <https://www.youtube.com/watch?v=_qo5Bllt1_M>  |  Make use of the information learned and design a poster to educate people about the importance of water and fibre |
| November 15 | Water and Fibre  | N/A |  Plan a breakfast, lunch and dinner to include high fibre foods |
| November 22 | General Practical Skills  | <https://www.youtube.com/watch?v=BdXjLJNWu44>  | Safe use of knives -The bridge and claw method  |
| November 29 | Heat transfer  | <https://www.youtube.com/watch?v=HpCvWuvCUoA>  | Make use of 3 methods of cooking: grilling, baking and boiling and explain the method of heat transfer used  |
| December 6 | Nutrition & Eatwell Guide  | <https://www.youtube.com/watch?v=QaILk3SQfhw>  | Write down all what you learn from the video |
| December 13 | Nutrition & Eatwell Guide | N/A | Plan two day’s meals including snacks, list all the foods eaten and draw an Eatwell Guide then slot the foods into the Eatwell Guide |