YEAR 8 DESIGN AND TECHNOLOGY

KING JAMES'S SCHOOL

KNARESBOROUGH

Name:

Teacher: Class:

During year 8 you will study 4 different aspects of Design and Technology:

Food | **Textiles** | **CAD/CAM** | **Workshop** (Nightlight)

This will be your second unit in the Food classroom. You will continue to apply the safety rules to this enviroment. You will also learn how to improve accuracy in your knife skills and safely handle raw meat to produce a variety of dishes. You will also study supporting theory work based on family meals, nutrients in food and changes in diets.

CONTENT

Health and Safety

Food, Personal and Kitchen Hygiene

Safe handling of raw meat

Understanding of macro and micro nutrients

Changes in diets and food trends

Meal planning for balanced diets

SKILLS

Food preparation skills; marinade making, sauce making, kneading and proving, rubbing in, peeling.

Knife skills; dice, batons, slice, ribbon

Ingredient measuring and portion control

Cooking skills; Use of the hob, use of the oven, use of the food probe

Time management in food preparation

Safe food handling and storage; raw meat.

Key Vocabulary

Nutrients
Health and Safety
Stirfry
Processed
Yeast
Food poisoning
Simmer
Roux
Marinade