

Year 8 Long Term Plan

Cycle 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
	wc 25/08	wc 01/09	wc 08/09	wc 15/09	wc 22/09	wc 29/09	wc 06/10	wc 13/10	wc 3/11	wc 10/11	wc 17/11	wc 24/11	wc 1/12
			Intro to Food Tech / equipment and hazards	Hygiene and food poisoning – 4 C's	Preparing to cook – cheese sandwich	Knife skills – carrot chopping	Cooker intro - Oven	Rock Cakes	Grill theory	Pizza toast	Hob theory	Tomato pasta	Introduction to Nutrition
Cycle 2	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
	wc 08/12	wc 15/12	wc 05/01	wc 12/01	wc 19/01	wc 26/01	wc 02/02	wc 09/02	wc 23/02	wc 02/03	wc 09/03	wc 16/03	wc 23/03
	Healthy eating rules	Vegetable stir fry	Intro to food provenance	Food Provenance practical	Knowledge check	Intro to the Eatwell guide	Fruits and vegetables	Apple crumble	Meat and other proteins	Chicken Nuggets	Starchy carbohydrates	Focaccia	Dairy
Cycle 3	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
	wc 13/04	wc 20/04	wc 27/04	wc 04/05	wc 11/05	wc 18/05	wc 01/06	wc 08/06	wc 15/06	wc 22/06	wc 29/06	wc 06/07	wc 13/07
	Mac and Cheese	Fats and oils Sugar	Flapjack	Knowledge check	Introduction to food packaging	Research and evaluation existing products	Paper and Materials	Specification and design	Assess and redesign	Pizza box making	Bread dough base making	Pizza making	Pizza and packaging evaluation