 **Threshold Concepts and Subject Progression**

**Technology**

**Year: 8 Unit Name: Cooking for others**

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| **What do I need to know from previous learning?** |
| Food Contaminants, Food Hygiene and Health and Safety issues in the kitchen.  Complex practical skills.  Eatwell Guide sections and health implications of over indulgence and lack of nutrients (carbohydrates and fats).  How to reduce sugar yet maintain taste.  How to evaluate and self-assess own products.  The importance of food aesthetics – ‘we eat with our eyes before tasting’.  Research techniques used to investigate alternate ingredients to achieve a more nutritious outcome. |
| **What do I need to learn? What do I need to remember?** |
| * How maintaining a healthy lifestyle has a positive effect on our everyday lives * Be able to include protein using plant based alternatives * Impact of allergens and religions on dietary choices * How to evaluate and self-assess own products * Considering other peoples preferences when designing a recipe * How to accurately conduct and record the outcomes of a Food Science experiment around the results of Enzymatic Browning |
| **How can I extend this learning?** |
| Investigate key nutrients in greater depth.  Use shopping as an investigation task – product availability/seasonal produce, packaging, provenance, weight, cost comparisons.  Investigate the food standards agency site to gain a greater understanding of food allergens.  Further develop knowledge of food science using online experiments that can be completed safely at home (recommended websites given). |