**Year 8 Autumn 1 Food Preparation & Nutrition**

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| **Food Preparation and Nutrition**  |
| **KPI 1 - Food Hygiene and Safety:** |
| Students will learn this knowledge through theory and practical cookery  |
| I can **list** three basic rules of personal hygiene for a chef |
|
| I can **identify** three rules to prevent accidents in the kitchen |
|
| I can **explain** how to prevent the spread of harmful bacteria |
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| **KPI 2 - Nutrition and Healthy Eating:** |
| Students will learn this knowledge through theory and practical cookery |
|   |
| I can **state** the 5 sections of the Eatwell Guide |
|
| I can **describe** what is meant by ‘balanced diet’ |
|
| I can **evaluate** your nutrient and fluid intake when compared with recommended intakes |
|
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| **KPI 3 - Practical Cookery:** |
| Students will learn this knowledge through theory and practical cookery |
|   |
| I can **demonstrate** accurate weighing and measuring of ingredients |
|  |
| I can **operate** the hob and the oven correctly and in an energy efficient way |
|   |
| I can **select** correct equipment for specific techniques, including correct chopping boards |
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**Year 8 Autumn 2 Food Preparation & Nutrition**

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| **Food Preparation and Nutrition**  |
| **KPI 1 - Food Hygiene and Safety:** |
| Students will learn this knowledge through theory and practical cookery  |
| I can **list** three basic rules of personal hygiene for a chef |
|
| I can **identify** three rules to prevent accidents in the kitchen |
|
| I can **explain** how to prevent the spread of harmful bacteria |
|
|  |
| **KPI 2 - Nutrition and Healthy Eating:** |
| Students will learn this knowledge through theory and practical cookery |
|   |
| I can **state** the 5 sections of the Eatwell Guide |
|
| I can **describe** what is meant by ‘balanced diet’ |
|
| I can **evaluate** your nutrient and fluid intake when compared with recommended intakes |
|
|  |
| **KPI 3 - Practical Cookery:** |
| Students will learn this knowledge through theory and practical cookery |
|   |
| I can **demonstrate** accurate weighing and measuring of ingredients |
|  |
| I can **operate** the hob and the oven correctly and in an energy efficient way |
|   |
| I can **select** correct equipment for specific techniques, including correct chopping boards |
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