



Year 8 Food Learning Journey

HT5 Cooking methods

Core knowledge	Reference number
Can I identify the uses of equipment and safety considerations?	
FPT – Pastry practical – cheese straws- shaping and oven baking	
Can I understand the water-based methods of cooking and uses	
FPT – Poached egg on toast.	
Can I explain the use of raising agents in cooking	
Practical checkpoint - Mousse	
FPT mini cheesecake – setting mixtures	

Learning Checkpoints

LC Title
Practical checkpoint

Key Vocabulary
Boiling, Simmering, Roasting, Poaching, Raising agent, bicarbonate of soda, fermentation, yeast, mechanical, biological, chemical