

1. Year 8 Curriculum Plan

YEAR 8 HALF TERM Rotation 1 SUBJECT Food and Nutrition

LEARNING



TOPIC	LEARNING OBJECTIVES	KEY VOCABULARY	LEARNING SEQUENCE	LINKED LEARNING	HOME LEARNING
Eatwell Guide and Hydration	List and explain the main nutrients provided by a healthy diet To explain the importance of hydration	Bridge Claw Hygiene	Recall principles of the Eatwell guide	Pupils will build on their learning in Year 7 knowledge and skills: <ul style="list-style-type: none"> • Describing and applying the Eatwell Guide. • Using and adapting recipes • Acquiring and demonstrating a range of food skills and techniques. • Demonstrating the principles of food hygiene and safety. 	Weekly buying, weighing, measuring and packaging of ingredients and equipment. Being fully prepared and organised to take part in weekly practical work.
Pizza Toast	Knife Skills. Using a knife and the grill safely	Cross Contamination Rubbing in	Demonstrate safe use of the oven and grill. To create a balanced snack.		
Energy sources in the diet	Identify energy sources in the diet. Describe how energy needs change throughout life	Grating	Energy and why is it needed.		
Carrot cakes	Develop and demonstrate the principles of food hygiene and safety, focus on handling eggs as well as using the oven.	Growth Repair	To develop and demonstrate measuring, knife skills, grating, cake making and using the oven.		
Protein and sources in the diet	To describe dietary recommendations for protein and how it relates to their diet	HBV LBV Energy Balance	To explain sources types and functions of protein.		
Muffins	Develop and demonstrate knife skills, grating using the oven safely to prepare and cook breakfast muffins	Calcium Sodium	Describe the functions of eggs in cooking.		

Fruit Scones	To develop and demonstrate the rubbing in method, knife skills, forming and shaping a dough as well as safely using an oven.	Iron	To explain the term seasonality and how to reduce the waste of fruit, vegetables, bread in the home and at school.
Micronutrients – Vitamins and Minerals	To be able to name the key micronutrients and state why they are needed in the diet.	Gelatinisation	
		Factors	
		Modify	To explain the functions of vitamins A, D, B group and C and sources. In addition to this the functions of calcium, iron and sodium.
		Yeast	
Pasta Bake	Using the all in one method to create a roux sauce, focus is on using the hob, draining boiling water and using the grill.	Fermentation	Calculate the nutritional profile of a dish and compare the effect of using alternative ingredients.
		Proving	
Factors that affect individual food choice	Investigate the dietary needs of young people and explain factors that affect individual food choice.	Kneading	To consider the ways to modify recipes to meet the needs of different age groups or dietary need.
		Food Waste	
Chilli	To demonstrate and develop working with raw meat to create a chilli con carne.	Food Security	To modify a recipe for different dietary needs.
		Food Sustainability	
Bread Theory	Identify varieties of bread and bread products available to the consumer.	Food Assurance	Describe the function of ingredients in bread making
Pizza	To demonstrate and develop forming, kneading and shaping a yeast based dough.		Modify a recipe to create a healthier option
Healthy Meal Planning	To plan and create a recipe for a healthier main menu to be served in a leisure venue.		Investigate the availability, benefits and drawbacks of locally or regionally sourced food/dishes and/or ingredients.
Turkey/Vegetarian Burgers	To demonstrate and develop skills in handling and cooking raw meat as well as portioning/shaping and using the grill.		To explore why and how food is wasted and suggest ways in which food waste can be reduced.
Food Assurance/Provenance	To explore the different food assurance schemes		Investigate the different food assurance schemes and the

			<p>impact they can have on the quality of food, food waste , food security and food sustainability.</p>	
Fajitas	<p>Consolidate learning of knife skills, food hygiene (handling of raw meat), and kitchen hygiene. Demonstrate the use of a marinade to enhance the flavour of a dish</p>		<p>Explore the considerations necessary for preparing and serving their dish in a leisure venue.</p>	
Plenary	<p>To appraise and evaluate their learning journey</p>		<p>To evaluate their practical cooking experiences.</p>	