	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year 8	**Diet & Health** 7 Weeks	**Diet & Health** 8 Weeks	**Diet & Health** 6 Weeks	**Diet & Health** 6 Weeks	**Diet & Health** 6 Weeks	**Licence to Cook** 5 Weeks
Knowledge & Skills	Diet & Health Savoury Rice Fruit & Veg. Healthy Lifestyle Mini Carrot Cakes Cooking for Health Another recipe	Packed with Protein Mini Frittata Cooking Teatime for Two (Fruit Scones) Vitamins & Minerals Tuna Pasta Bake What's for lunch? Chilli Con Carne	Diet & Health Fruit Salad Energy & Nutrients Pitta Pockets Meat types & Cuts Rogan Josh / Chicken tikka	Carbohydrates Pizza Wheels Poultry Turkey Burgers What is the Plan? Fajitas	Digestion Fruit Jelly – Smoothie – Breakfast Trifle Activity Cheese tasting Food Availability Cheese and onion triangles / Cheese straws	Apple and Sultana Crumble Rock Cakes Layered Pasta Salad Macaroni Cheese Spicy Bean Burger
Assessment	Focus 5 (5-minute retrieval at the start of the lesson from previous lesson). Weekly retrieval sheet. End of topic test worksheet / weekly. End of term test multiple topics.	Focus 5 (5-minute retrieval at the start of the lesson from previous lesson). Weekly retrieval sheet. End of topic test worksheet / weekly. End of term test multiple topics.	Focus 5 (5-minute retrieval at the start of the lesson from previous lesson). Weekly retrieval sheet. End of topic test worksheet / weekly. End of term test multiple topics.	Focus 5 (5-minute retrieval at the start of the lesson from previous lesson). Weekly retrieval sheet. End of topic test worksheet / weekly. End of term test multiple topics.	Focus 5 (5-minute retrieval at the start of the lesson from previous lesson). Weekly retrieval sheet. End of topic test worksheet / weekly. End of term test multiple topics.	Focus 5 (5-minute retrieval at the start of the lesson from previous lesson). Weekly retrieval sheet. End of topic test worksheet / weekly. End of term test multiple topics.