

Year 8 Cooking and Nutrition Curriculum Map

Subject	Autumn Term		Spring Term		Summer Term	
Topic	Healthy Sustainable diets (7 Weeks)	Nutrition (8 Weeks)	Digestion (6 Weeks)	Food Choice (6 Weeks)	Food Commodities (6 Weeks)	Cooking for Others (6 Weeks)
Key Content	Healthy Lifestyle Broccoli Fried Rice Seasonality Meatball Pasta bake Sustainability Mini Carrot Cakes Energy	Nutrients Overnight Oats Vitamins and Minerals Vegetable Crumble Proteins and Fats Fruit Cheesecake Carbohydrates Victoria Sponge	Hydration Fibre Breakfast Bars The Digestive System Yoghurt Parait Micronutrients Smoothies / Fruit Salad Trip - Eureka Science museum	Factors Affecting Food Choice Vegan Bolognese Different Diets Biryani Rice Function of Ingredients Chilli Con Carne Meals on a budget	Wheat Production Garlic Bread Meat Production Burgers Food assurance schemes Cheese & Onion Triangles Cheese Straws Trip - Warburtons Factory	Dietary Needs throughout life Afternoon Tea Religious, Cultural & Ethical Beliefs Party Platter Food Allergies and Intolerances Dinner for two
Knowledge & Skills	Pupils will deepen their knowledge of diet and health and begin to consider cooking for specific dietary needs. They will also begin to make links with seasonality and sustainability. Pupils will be encouraged to discuss how food importation and mass food production is affecting the environment. They will also make links to ethical purchasing.	Pupils will build upon their knowledge of nutrition focusing on food functions in more depth. They will develop their understanding of macro and micro nutrients and consider how this affects our health and body functions. Pupils will also develop their independent baking skills and consider the nutritional value and health benefits of their dishes.	Pupils will be introduced to more complex Food Science components surrounding nutrition, health and digestion. They will also take part in a multisensory, interactive museum experience which will show them how the human body works, with a particular focus on digestion. Pupils will also begin to analyse their dishes and discuss how the ingredients can improve their own digestive health.	Pupils will explore factors that affect food choice making particular links to different dietary needs, ingredient availability and budget. They will be introduced to making meals on a budget and learn ways to utilise pillar ingredients to make a variety of dishes. They will also revisit safe food storage practices and oven safety and apply these in their practical lessons.	Pupils will develop their knowledge of food farming and processing and deepen their understanding of wheat production. They will have a first hand insight into the milling process whilst visiting a renowned bread factory and link this to primary and secondary ingredients. Pupils will also focus on food assurance schemes and how these link to the meat production and farming industry. Pupils will continue to develop their independent cooking skills as they prepare more complex dishes.	Pupils will broaden their knowledge of cooking for others by considering how dietary needs change throughout life. They will also make links to religious, cultural and ethical beliefs in relation to food choice. Pupils will apply their knowledge of safe food preparation and independent cooking skills to make larger meals as a catering team, whilst following a specific brief.
Assessment	Pupils knowledge and understanding is supported and assessed through the use of formative and summative assessments, ensuring our pupils know more and remember more.					

Year 8 Cooking and Nutrition Curriculum Map