

Last updated 11.11.21

	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
Key Content	Diet & Health <i>Savoury Rice</i> Fruit & Veg. Healthy Lifestyle <i>Mini Carrot Cakes</i> Cooking for Health <i>Another recipe</i>	Packed with Protein <i>Mini Frittata</i> Cooking <i>Teatime for Two (Fruit Scones)</i> Vitamins & Minerals <i>Tuna Pasta Bake</i> What's for lunch? <i>Chilli Con Carne</i>	Diet & Health <i>Fruit Salad</i> Energy & Nutrients <i>Pitta Pockets</i> Meat types & Cuts <i>Rogan Josh / Chicken tikka</i>	Carbohydrates <i>Pizza Wheels</i> Poultry <i>Turkey Burgers</i> What is the Plan? <i>Fajitas</i>	Digestion <i>Fruit Jelly – Smoothie – Breakfast Trifle</i> Activity <i>Cheese tasting</i> Food Availability <i>Cheese and onion triangles / Cheese straws</i>	<i>Apple and Sultana Crumble</i> <i>Rock Cakes</i> <i>Layered Pasta Salad</i> <i>Macaroni Cheese</i> <i>Spicy Bean Burger</i>
Knowledge	Develop understanding of ingredients and healthy eating. Develop knowledge of maintaining a healthy diet. Understanding nutritional needs throughout life stages. Identify different food groups and discuss healthy eating habits.	Recall and apply the principles of <i>The Eatwell guide</i> and the 8 tips for healthy eating, to their own diet. Know the function of protein Discuss the function of vitamins and minerals. Name the key nutrients, sources and functions.	Develop their knowledge and understanding of meat types and cuts. Develop understanding of energy use in relation to diet. Build and apply a repertoire of knowledge, understanding and skills in order to create high quality dishes for a wide range of people.	Demonstrate understanding of different food groups and their functions. Recall and apply the principles of <i>The Eatwell guide</i> and the 8 tips for healthy eating, to their own diet. Develop understanding of meal planning for specific diets. Know the function of carbohydrates.	To know the process of digestion. To develop understanding of food sourcing and seasonality. Name the key nutrients, sources and functions. Developing understanding of food processing from farm to fork. Know how taste buds work.	Identify the origin and simple functions of ingredients Use healthy eating and <i>The Eatwell Guide</i> to influence food choice. Develop knowledge, understanding and skills needed to engage in an iterative process of designing and making in a range of contexts, such as the home, school and culture.

<p>Skills</p>	<p>Acquire and demonstrate food preparation and cooking techniques.</p> <p>Acquire and demonstrate the principles of food hygiene and safety.</p> <p>Create high quality dishes for a wide range of people.</p> <p>Evaluate and test their ideas and the work of others.</p> <p>Develop the creative, technical and practical skills needed to perform everyday tasks confidently.</p>	<p>Develop the creative, technical and practical expertise needed to perform everyday tasks</p> <p>Acquire and demonstrate the principles of food hygiene and safety.</p> <p>Create high quality dishes for a wide range of people.</p> <p>Evaluate and test their ideas and the work of others.</p> <p>Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes, increasing in complexity.</p>	<p>Evaluate and test their ideas and the work of others.</p> <p>Acquire and demonstrate food preparation and cooking techniques.</p> <p>Acquire and demonstrate the principles of food hygiene and safety.</p> <p>Create high quality dishes for a wide range of people.</p> <p>Evaluate and test their ideas and the work of others.</p> <p>Develop the creative, technical and practical skills needed to perform everyday tasks confidently.</p>	<p>Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes, increasing in complexity.</p> <p>Acquire and demonstrate the principles of food hygiene and safety.</p> <p>Evaluate and test their ideas and the work of others.</p> <p>Acquire and demonstrate a range of food skills and techniques.</p>	<p>Develop flavour recognition and palette.</p> <p>Evaluate and test their ideas and the work of others.</p> <p>Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes, increasing in complexity.</p> <p>Acquire and demonstrate food preparation and cooking techniques.</p> <p>Acquire and demonstrate the principles of food hygiene and safety.</p>	<p>Build confidence using basic equipment and tools</p> <p>Apply basic practical skills independently.</p> <p>Demonstrate food preparation and cooking techniques.</p> <p>Demonstrate the principles of food hygiene and safety.</p>
<p>Assessment</p>	<p>Pupils knowledge and understanding is supported and assessed through the use of formative and summative assessments, ensuring our pupils know more and remember more.</p>					