

FOOD AND NUTRITION Year 8 Curriculum Overview

What is the Year 8 Food and Nutrition curriculum aiming to achieve?		
What do we want our Year 8 Food students to be like?	How are we building on prior learning?	How can parents/carers support their child's learning?
<ul style="list-style-type: none"> To understand the importance of health, safety and hygiene in food preparation. Understand dietary food choices To be aware of how food choice affects the Environment. Be able to identify correct use of equipment. 	<ul style="list-style-type: none"> Extending practical knowledge to independently, hygienically and safely produce recipes that are more complex. Widen knowledge of food preparation techniques. Further application of function of ingredients. 	<ul style="list-style-type: none"> Include children in food preparation tasks. Ensure child knows how to wash up heavily soiled items by hand. Look out for cookery programmes on TV channels. Gain awareness of dietary information on food labels.

How are we organising the Year 8 Food and nutrition curriculum?						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Macronutrients		Micronutrients Food choice Food waste		Food processing Fairtrade Physical activity level	
Threshold Concepts	Understand the function of fat, carbohydrate and protein.		Understand how to use leftovers. The function and role of vitamins and minerals. Religious food choices.		Understand the primary and secondary processing of past and milk. How PAL impacts food choice. Understand fairtrade in the food industry.	
Skills	Meat preparation and cooking. Cross contamination prevention. Gelatinised sauces		Kneading, creaming and accurate knife skills. Dealing with high risk ingredient. Appropriate use of equipment		Pasta making Fatless sponge	
Enrichment within the curriculum	Students can attend an after school cookery club where they will have the opportunity to conduct experiments with a range of ingredients.					
Cross curricular links	<ul style="list-style-type: none"> Science-STEM activities, specifically experiments with ingredients. Geography-local climate and conditions for crop production and fairtrade. Maths- estimating, weighing and measuring. History-changing trends in local population type, immigration, multi-culturalism in eating habits 					
Extra-curricular opportunities	Students will be encouraged to explore the local community to identify local crops and foodstuffs. They will be encouraged to speak to older relatives and friends to find out more about traditional recipes and eating habits. Students will be encouraged to enhance knowledge of food and nutrition through watching television/radio/online programmes, reading information in national press.					

What are the intended outcomes of the Year 8 Food and Nutrition curriculum?						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Opportunities to show progress (Assessments)	Knowledge assessment - macronutrients. Practical assessment		Knowledge assessment - micronutrients, food choice and food waste. Practical assessment		Knowledge assessment - food processing and waste. Practical assessment	
Impact on personal development (SMSC)	Students are encouraged to work independently and to take responsibility for the safe and hygienic preparation of a range of foods. They are required to follow high standards of personal and workplace hygiene. Students know the implications of the choice of diet they make on their health and future well-being. Students are encouraged to consider the implications of the choices they make on the environment.					
Preparation for the next stage of education	Building and consolidating practical knowledge acquired in Years 7 & 8 to create independent and confident cooks who make the best use of the resources available to them. Knowledge of nutritional needs and of the working characteristics of a wide range of ingredients enables creative choices to be made when choosing recipes and making food that is safe appetising and nutritious.					