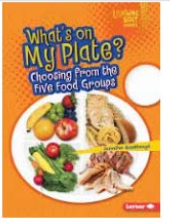
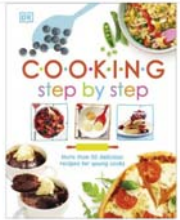
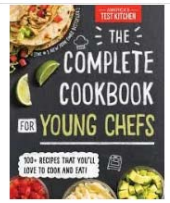


Year 8 Curriculum Map : Food

	Autumn	Spring	Summer
Assessment Objectives	<ul style="list-style-type: none"> understand and apply the principles of nutrition and health cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes] understand the source, seasonality and characteristics of a broad range of ingredients 		
Unit Length	7 lessons	6 lessons	6 lessons
Key Learning Outcomes	<ol style="list-style-type: none"> Introduction and Safety Frittata Practical Task – understanding coagulation and recapping hygiene and safety in the kitchen Food Safety, The 4C's Food Storage and Fridge Organisation, how to store food safely and avoid cross-contamination The Eatwell Guide Tomato Ragu and Pasta Practical Task – using the hob, simmering and boiling, focus on cutting techniques Evaluating my practical task 	<ol style="list-style-type: none"> Introduction to macronutrients – protein, fats, carbohydrates. Link to food sources and function in the body How does our body use food as energy? Mac & Cheese Practical Task Protein – what does our body use protein for? Beef Lasagne Practical Task Fats – why do we need it? What happens if we have too much? 	<ol style="list-style-type: none"> Factors affecting food choice – medical Factors affecting food choice – religious Factors affecting food choice – ethical Brownies Practical Task Food security Food wastage and sustainability End of Unit Test
Prior knowledge	<ul style="list-style-type: none"> understand and apply the principles of a healthy and varied diet prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques 	<ul style="list-style-type: none"> understand and apply the principles of a healthy and varied diet prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques 	<ul style="list-style-type: none"> understand and apply the principles of a healthy and varied diet prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
CEIAG specific careers links	Dietician Chef	Dietician Chef Baker	Dietician Chef Baker
RRSA	Article 28: Right to education Article 29: Goals of education	Article 28: Right to education Article 29: Goals of education	Article 28: Right to education Article 29: Goals of education
Cross curricular links	<ul style="list-style-type: none"> Citizenship – understanding about a healthy lifestyle and making healthy food choices Design Technology – health and safety procedures Maths – numeracy work linking to %'s of sugar content etc 	<ul style="list-style-type: none"> Science – links to nutrition and a balanced diet PE – links to energy usage and how our bodies use the food we eat 	<ul style="list-style-type: none"> Science – links to vitamins and mineral, where they come from and how they are used Science – understanding microbes, bacteria and food spoilage

Useful websites/videos	<p>Easy Oven Frittata https://www.bbcgoodfood.com/recipes/easy-oven-frittata</p> <p>Veg Ragu https://www.bbcgoodfood.com/recipes/hidden-veg-ragu</p>	<p>Energy in Food https://www.foodfactoflife.org.uk/11-14-years/healthy-eating/energy-and-nutrients/</p>	<p>Food Sustainability https://www.youtube.com/watch?v=luIQGJlo_Wc</p> <p>Easy Brownies – BBC GoodFood https://www.bbcgoodfood.com/recipes/easy-goovey-brownies</p> <p>Food Choices https://www.foodfactoflife.org.uk/14-16-years/consumer-awareness/food-choice/</p>
Wider Reading	 <p>Whats on My Plate: Choosing From The Five Food Groups... £5.94 Amazon.co.uk</p>	 <p>Cooking Step by Step [Book] 5.0 ★★★★★ 16 Hardback · Non-fiction</p> <p>£12.67 Wordery Free delivery</p> <p>Compare prices from 5+ shops</p>	 <p>The Complete Cookbook for Young Chefs: 100... £12.09 Amazon.co.uk</p>
Literacy Programme	<ul style="list-style-type: none"> • Decode it NOW • Guided practice/model answers • Sentence Starters • Writing strategies 	<ul style="list-style-type: none"> • Decode it NOW • Guided practice/model answers • Sentence Starters • Writing strategies 	<ul style="list-style-type: none"> • Decode it NOW • Guided practice/model answers • Sentence Starters • Writing strategies
Independent Learning Tasks	<p>Mind-map revision homework Retrieval practice homework Knowledge Organiser practice Questions.</p>	<p>Mind-map revision homework Retrieval practice homework Knowledge Organiser practice Questions.</p>	<p>Mind-map revision homework Retrieval practice homework Knowledge Organiser practice Questions.</p>