

Year 8 Food Preparation and Nutrition

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Food Safety Healthy Eating Nutritional Requirements and Deficiencies	Carbohydrates Bread Lipids	Protein Vitamins and Minerals	Heat transfer Food Provenance Food production	Gelatinisation Raising Agents Packaging	Sensory Evaluations Food Choice
Assessment	Baseline written assessment	Assessed practical	Mid-year written assessment	Assessed practical	Assessed practical	End of year written assessment

Building on Prior Learning	Year 8 builds on the knowledge and understanding developed in middle schools at home. Students will learn to develop their practical skills, build knowledge of dietary requirements, commodity groups, and start to learn the science underpinning food. Lessons consist of a structured approach, usually with one practical and one theory lesson per fortnight, using the practical lesson to further secure understanding of topics covered.
Links with other subjects	This subject links with Art (designing skills), Business (income, economy, industry) Biology and Chemistry (heat transfer, GM foods, chemical structures, chemical reactions, investigations) English (sensory descriptors, literacy links, extended writing) French (culinary terms), Geography (food provenance and climate), ICT (word processing, research, graphs and data processing), Maths (weights and measures, quantities, costings, graphs, analysis of data), PE (nutrition), RE (religious cultures and cuisines)
Extracurricular opportunities	Strong links with the Duke of Edinburgh award - use of facilities and assessments
A successful learner in this subject will demonstrate	Confidence in the kitchen using a few cooking methods and pieces of equipment. An understanding of key concepts such as factors that affect food choice, eating healthily, food manufacture and the basics of 'how' and the 'why' things happen. Students will have an awareness of the social, moral, medical and environmental aspects associated with food.
Impact on personal development	Food opens up a wide range of opportunities to trial and test a range of ingredients and methods. Students are encouraged to work as part of a team to complete tasks and practical activities. Students are encouraged to minimise food waste and be mindful of their use of resources and ingredients, and have a positive impact on society from a moral and ethical perspective.

Ways to support student learning in this subject
<ul style="list-style-type: none"> • Weekly provision of ingredients and containers for practical sessions - lists available on ePraise. Tasting what they've made each week and providing feedback in terms of positives and ways to improve • Support students to cook and wash up regularly at home on their own or with family/friends. • Monitoring weekly written tasks - set on ePraise • Read books, magazines and articles about creating food • Use of media to increase exposure to food related aspects eg. Great British Bake off, Inside the Factory, Eat Well for Less, MasterChef, Quest food industry videos, you tube etc. • Encourage students to try new foods and encouraging healthy eating at home R • Discuss career opportunities relating to food. In 2017 29.7% of workers in the UK were employed in the public administration, education and health, 18.7% were employed in distribution, hotels and restaurants and 9.3% in manufacturing and 1.1% in agriculture and fishing. https://www.ethnicity-facts-figures.service.gov.uk/work-pay-and-benefits/employment/employment-by-sector/latest