

Food and Nutrition Year 8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Unit to be studied	Healthy Eating	Healthy Eating	Healthy Eating	Healthy Eating	Healthy Eating	Healthy Eating
Subject Content Outline	-Introduction to the brief: Healthy eating -Basic Food hygiene and safety -Garnishing Nutrients and functions -Salads and dressings -Balance of Good health plate -Soup varieties, tasting and comparisons -Planning of own product -Making of own soup		-Bread and tasting International flavours -Vegetarians research -Own vegetarian pizza option -Pasta research -Variety of pasta dishes practical -General potato facts -Own choice potato bake -School dinner investigation with bread & butter pudding and muffins -Nuggets practical -Risotto and Rice -Curry research and planning with own options		-Planning own school dinner product -Making own healthy option -Evaluation of module	
Aims/Assessment Objectives	Pupils to understand and apply the principles of nutrition and health. Pupils cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet. Pupils become competent in a range of cooking methods. They understand the source, seasonality and characteristics of a broad range of ingredients. To work as a group producing products suitable for the brief To produce own suitable products fit for the brief					
Assessment	Practical work Practical group work Research Knowledge and understanding Evaluations					End of unit test (45 minutes)
Cross curricular opportunities	Maths (Numbers, Ratio, Proportions and rates of change, Statistics) Science (Nutrition and digestion, functions of ingredients) English(Reading, Writing, Grammar & Vocabulary, Spoken English) ICT PSHE (Health and wellbeing) Humanities					

Social, Moral, Spiritual, Cultural	Communication, working with others in a group. Making decisions and informed choices. Healthy eating. The study of different cultures, to identify and understand their needs. Using a variety of approaches to generate creative ideas and avoid stereotypical responses. Testing and evaluating ideas. Planning products for others. Food allergies and special dietary requirements.		
Homework	Four week research project. Ingredients to practical lessons	Four week research project. Ingredients to practical lessons Doddle tasks	Four week research project. Ingredients to practical lessons