

Curriculum Overview –

Year 8 – Food and Nutrition

Sequencing of topics	What knowledge will students develop? (Including key terminology)	What skills will students develop? (Including literacy & numeracy)	Assessment opportunities	Homework opportunities	Personal development (Ursuline Values, Catholic Social Teaching, Cultural Capital, Cross curricular, Careers)	Curriculum links
Scheme of Work (SoW repeated for second carousel) 18 - week rotation						
Food Preparation skills	Use of equipment – hob, oven grill Knife skills – Bridge hold and Claw grip- finer control to dice and cut thin strips	Finer knife skills – how to manipulate shaping Shaping and working with different doughs – bread and pastry to create a range of mostly savoury foods	Practical skills assessed verbally in each lesson	Evaluations allow for reflection of own practice and the processes involved in making food	Resilience and courage in facing difficulties and problem solving	Development from basic skills covered in year 7
Food, Nutrition and Health	The role of Carbohydrates, fats and Protein (macro nutrients) in the diet and effects of deficiency and excess The role of sugar in the diet	Understand how excessive amounts of carbohydrates, sugars and fats can negatively affect health	End of unit assessment		Role of nutritionist in health settings	Follows on from Eatwell guide in year 7 – looks at nutrients in more detail
Food science	Raising agents and how they work in different foods Fats and shortening Flour and gluten Yeast and fermentation	Understand the role that raising agents play in food production Be able to explain how changing fats and flours affect the development of a final product Basic recipe engineering	End of unit assessment and homework tasks			

Food Choice	Fairtrade and ethical farming Choosing foods for celebration events Choices based on health – i.e. gluten free, lactose intolerant	Understand how fairtrade can support developing world farmers and how this contributes to food security Be able to adapt recipes to account for specific dietary choices	End of unit assessment and homework tasks	Research into fair trade and other organisations that support farmers Research into dietary choices	Care for the environment Environmental impact of farming Food poverty and security	
Food provenance	Grains and Grain farming Processing of wheat into flour Food security of wheat crops and importance of basic staple crops to world food security	How grain is processed into wheat flour How wheat contributes to the main food crops across the world How basic staple foods contribute to diets and food stability	End of unit assessment and homework tasks	Research for processing of grains Primary and secondary processing research	Global food and how this impacts the environment Processing of food – how and why	Connects to food being grown learning in year 7 – following one commodity in more detail