



Year 8 Food and Nutrition PoS 2022-2023

Learning	Loving	Living	
Key Knowledge Link apply and adapt Build knowledge and skills Self-regulated, reflective independent Know what they are good at and what to improve Stretched, challenged supported Wider ideas culture and the world Use technology flexibly and responsibly	Well informed global citizens Believe they can make a difference Shape community and school Care about the environment and each other Responsible for their own behaviour Grow spiritually Respect and tolerance Charity, volunteering and fundraising	Wider learning Leadership, teamwork, collaboration Success for all abilities Value creative subjects Interactions with the world of work Safety, mental and physical health Equipped for their unique future Apply to the world beyond	
Curriculum Intent			
<ul style="list-style-type: none"> • provide pupils with the knowledge and skills they need in order to take advantage of opportunities, responsibilities and experiences of later life. Cooking is a life skill and students will work towards building a range of cooking skills and working confidently in the kitchen. They also learn about nutrition and health, where food comes from and current environmental issues linked to food production. • clearly state the end points that pupils are building towards and the knowledge and skills required to reach them. Confident and independent cooks who can read a recipe, work safely and enjoy cooking. Students who can plan, cook and evaluate food and recipes. Students who have a basic understanding of nutrition, diet and health and can apply this knowledge to themselves. • is planned and sequenced so that new knowledge and skills build on what has been taught and builds towards clearly defined end points. Skills are revisited from year 7 and new skills are taught. Each recipe is planned to focus on particular skill. The end point is that students have a repertoire of savoury recipes and meals that they can make confidently. Students should also have an understanding of basic nutrition, food science and some current issues surrounding food production and the environment. Lessons/curriculum is design around the national curriculum and the core competencies from the Food Standard Authority and the British Nutrition Foundation ‘what students should know by age 14’. • has high ambition for all pupils Learning objectives are shared with the class and referred to during the lesson and at the end. Assessments are graded according to the pathway a student is on. Students are encouraged to adapt recipes and to experiment with recipes. 			
Term	Topic NB To include Spaced memory retrieval	No. of Lessons	Assessment
Autumn 1	Welcome back to the food room. Sensory evaluation of food, food safety and food poisoning and food labelling. Practical's - Oaty biscuits, Pasta medley, pizza.	7	Evaluation of Pasta medley.



Autumn 2	Adapting a basic recipe and planning a new food product. Making scones and food for a Christmas celebration. Theory work will include Food choice, food waste. Theory will build upon Yr. 7 work on the nutrients in our food and all macronutrients, water and fibre will be covered.	7	Planning a new lunch box product
Spring 1	Making healthy balanced meals (Jambalaya, cheese and onion triangles, spring rolls and chicken wraps). The cost of food and food budgeting. And the future of food – consider the changing world of food and how to feed a growing world population. Memory recall – The Eatwell guide	6	Practical cooking skills – making a new scone food product for a lunchbox.
Spring 2	Half year course (repeat above with new group)		
Summer 1			
Summer 2			