

Food & Nutrition– Year 8



	What?	Possible Practical Activity	Why?
Term 1-1	<p>RECAP</p> <p>Food room routines, equipment layout etc</p> <p>Food Hygiene and Safety</p> <p>Eatwell Guide, Healthy Eating guidelines, Balanced diet</p> <p>Energy Balance:</p> <p>Why we need energy, energy and physical activity</p> <p>Calories in foods linked to physical activity</p>	Bolognese/Chilli	<p>Working safely in the food room and following practical routines</p> <p>To be able to produce food hygienically that is safe to eat</p> <p>To be able to use knives and equipment accurately and safely</p> <p>To know what causes food poisoning and key temperatures for controlling bacterial multiplication</p> <p>To know why we need energy and which nutrients provide energy</p> <p>To know what energy balance is and to understand how we can gain or lose weight.</p>
Term 1-2	<p>Weight gain/weight loss/BMI</p> <p>Energy dense foods</p> <p>Nutrients that provide energy (macronutrients protein, fat, carbohydrates)</p> <p>Vitamins & Minerals (vitamins C and D, calcium and iron)</p>	<p>Stir-fry/curry</p> <p>*Christmas</p>	<p>To have an understanding of the amount of calories used through physical activity and to be able to calculate the amount of physical activity needed to use the energy from a range of foods</p> <p>To know the functions of these vitamins and minerals</p>
Term 2-1	<p>Health conditions from a poor diet and lack of exercise</p> <p>Deficiency diseases/CHD/high blood pressure/Bowel disorders/Diabetes</p>	<p>Practical investigation:</p> <p>Increasing fibre</p> <p>Reducing sugar</p>	<p>To understand that food and lifestyle choices affect health</p> <p>To know some of the main health issues from a poor diet</p>
Term 2-2	<p>Food Provenance:</p> <p>Where our food comes from</p> <p>Primary and secondary processing</p> <p>Milling wheat into flour (various types) and foods made using flour</p>	Pizza (bread dough base)	<p>To know that food is grown, caught or reared.</p> <p>To know what primary and secondary processing is and to be able to give examples.</p> <p>To understand how wheat is processed into flour (primary processing) and the flour used in a variety of food products (secondary processing)</p>
Term 3-1	<p>Milk and milk products</p> <p>Animal welfare</p>	Cheesecake/ Mac n Cheese	<p>To know where milk comes from and how it is processed</p> <p>To know a range of foods made from milk</p> <p>To understand what animal welfare means and farm assurance schemes in the UK</p>
Term 3-2	<p>Food Provenance: Food miles, food waste, local/seasonal foods</p> <p>Food production and climate change.</p>	Seasonal food recipe	<p>To know how food production has an impact on global warming/climate change.</p> <p>To understand that our food choices impact on the environment (food miles, food waste and local/seasonal foods)</p>