

## Subject Area : Cooking and Nutrition

Year Group : 8	Unit of Work :
Half Term : 1	<p>Skills :</p> <p>How to taste test a product  Drawing graphs, charts and tables  Use of sensory analysis vocabulary  How to read nutritional information panels of food products  Comparison of nutritional information to make informed choices  How to read and compare food traffic light labels  Learn the different types of carbohydrates and how the body uses them  Health implications of excess and lack of carbohydrates in the diet.  How to increase variety of carbohydrates in the diet</p> <p>Practical Skills:</p> <p>Recall and extend -Use of scales to weigh ingredients  Recall and extend- Knife skills – preparing vegetables  Recall and extend -Accurate and safe use of oven, and hob  Recall and extend -Safe use of equipment in the kitchen  Kneading – pizza dough  Teamwork when completing tasks  Sensory analysis of own food in practical evaluations</p>
Reasons behind order of topic in this half term	
<p>First task is building on Y7 work, with an introduction of a new practical skill and recall and extension of taste testing.</p> <p>Theory lessons build on Y7 theory, working in order to improve depth of knowledge of the topics covered.</p> <p>Practical reinforce the theory lessons, showing how the nutrients covered can be used in dishes.</p>	

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Year Group : 8	Unit of Work :
Half Term : 2	<p>Skills :</p> <p>Recall of taste testing methods</p> <p>Recall of drawing graphs, charts and tables.</p> <p>Recall of sensory analysis vocabulary</p> <p>Understanding the function of protein in the diet</p> <p>Understanding of protein sources in the diet, including alternatives for vegetarians and vegans.</p> <p>Effects of lack of and excess protein in the diet</p> <p>Understanding of the function of fat in the diet.</p> <p>How to reduce fat intake in the diet</p> <p>Effects of excess and lack of fat in the diet</p> <p>Practical Skills:</p> <p>Recall of food hygiene practices (4 C's)</p> <p>Recall and extend -Accurate and safe use of oven, and hob</p> <p>Recall and extend – knife skills</p> <p>Recall and extend -Safe use of equipment in the kitchen</p> <p>Teamwork when completing tasks</p> <p>Sensory analysis of own food in practical evaluations</p>
Reasons behind order of topic in this half term	
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Year Group : 8	Unit of Work :
Half Term : 3	<p>Skills :</p> <p>Understanding of the nutritional needs of teenagers</p> <p>Understanding of the different needs for male and female teenagers and the reason for these differences</p> <p>Understanding of how teenagers can improve their diets to take account of their dietary needs.</p> <p>Understanding of how best to prepare vegetables.</p> <p>Extending taste testing with own success criteria</p> <p>Recall and extend – knowledge of “5 a day” advice and why this is important (building on Y7 work)</p> <p>Practical skills:</p> <p>Rubbing in method – crumble</p> <p>Recall and extend -Accurate and safe use of oven, and hob</p> <p>Recall and extend – knife skills</p> <p>Recall and extend -Safe use of equipment in the kitchen</p> <p>Teamwork when completing tasks</p> <p>Use of microwave oven</p> <p>Stir frying cooking technique to preserve nutrients in food</p> <p>Sensory analysis of own food in practical evaluations</p>
Reasons behind order of topic in this half term	
<p>Once the basic knowledge of nutrition has been covered, students have the information to apply this knowledge to a specific situation (teenagers).</p> <p>Work then moves on to extending their nutritional knowledge by investigating cooking methods.</p>	

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Year Group : 8	Unit of Work :
Half Term : 4	<p>Skills :</p> <p>Understanding of the function of micronutrients in the diet – vitamins and minerals.</p> <p>Awareness of conditions caused by an excess and deficiency of micronutrients in your diet</p> <p>Practical skills:</p> <p>Recall and extend -Accurate and safe use of oven, and hob</p> <p>Recall and extend – knife skills</p> <p>Recall and extend -Safe use of equipment in the kitchen</p> <p>Teamwork when completing tasks</p> <p>Sensory analysis of own food in practical evaluations</p>
Reasons behind order of topic in this half term	
<p>Moves on to a new topic of micronutrients once the theory of macronutrients has been covered.</p>	

Subject Area : Cooking and Nutrition	
Year Group : 8 Half Term : 5	Unit of Work : Skills : Awareness of seasonality of food. Awareness of what benefits eating seasonal food will bring, including effects on the diet and also environmental impact of non-seasonal food.  Practical skills: Recall – flapjack recipe from Y7 (seasonal fruit pot) working more independently in the kitchen. Recall and extend -Accurate and safe use of oven, and hob Recall and extend – knife skills Recall and extend -Safe use of equipment in the kitchen Teamwork when completing tasks Sensory analysis of own food in practical evaluations
Reasons behind order of topic in this half term	
Seasonality is now covered as the students need an knowledge of micronutrition to understand how seasonality affects the nutritional value of food in/out of season	

Subject Area : Cooking and Nutrition	
Year Group : 8 Half Term : 6	Unit of Work : Skills : Understanding of what leads people to make choices about the food they eat Examine the religious, moral and medical reasons for people eating/not eating certain types of food Recall-what effects missing out food types may have on health and how these can be avoided. Use of Explore food website to perform nutritional analysis on diets and recipes. Be able to suggest improvements to their lifestyle and food habits using all the information they have been learning this year. Apply nutritional analysis methods to own diet.  Practical skills: Recall and extend -Accurate and safe use of oven, and hob Recall and extend – knife skills Recall and extend -Safe use of equipment in the kitchen Teamwork when completing tasks Sensory analysis of own food in practical evaluations
Reasons behind order of topic in this half term	
Food choices are covered now so that students can apply the knowledge built up over the course of the year to exam how diet choices can affect people's nutritional intake, and how these problems can be avoided. Students can also apply this knowledge to their own lifestyle	

