KS3 Y8 CURRICULUM OVERVIEW

SUBJECT : FOOD & NUTRITION

	Topics being taught	What you will be assessed on	How you can support at home
AUTUMN UNIT 1	Eatwell Guide recap. Knife skills and using the hob. Healthy Hydration.	Eatwell Guide recap. Fajitas.	Support students with buying ingredients. Weighing and measuring accurately.
	Melting methods, Energy Balance and introduction of some Food Science; Gelatinisation.	Flapjack, Macaroni Cheese.	Support with ingredients. Checking students have chosen a task from the Take away HL on Showbie.
SPRING UNIT 2	Making changes for a Healthy Diet. Bread making and Introduction to Micronutrients.	Making changes Assessment. Bread based Pizza.	Encourage students to look at how they can make healthy choices when choosing foods.
	Looking at Multi Cultural Meals and Recipe/ Meal planning.	Rogan Josh. Planning for a Multi cultural free choice meal.	Encourage students to try new foods at home to broaden their tastes.
SUMMER UNIT 3	Planning a Multi Cultural Main Meal.	Writing a Time plan. Practical Assessment.	Encourage students to practice their free choice dish at home and consider how they will present/ plate it up.
	Making healthier choices. End of Unit Assessment.	Burgers. End of Unit Assessment.	Encourage students to revise for End of Unit Assessment.

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