



SUNNYDOWN SCHOOL

FOOD & NUTRITION CURRICULUM PLAN

Subject	Food & Nutrition	Year group	Y8
Subject Intent	<p>Food & Nutrition is a creative and practical subject that has a strong focus on preparing, making and presenting various food products. Through a variety of creative and practical topics, students are taught the knowledge, understanding and skills needed to engage in the process of following recipe instructions when preparing and making dishes. We build students' technical knowledge, ability to develop ideas, understanding of healthy eating and hydration, functions of ingredients, food storage and wastage, and practical skills, as well as developing evaluative and reflective qualities. Students will develop safe working practices in our specialist kitchen area. By the end of Year 8 students will have gained experience of working with a number of different ingredients to make healthy meals and developed the foundational cooking skills gained in year 7.</p>		

Term	Topic	Core learning	Key concepts	Sequencing
Autumn 1	<p>Eggs and their nutrients</p> <p>Denaturation and coagulation</p>	<p>Technical knowledge: Understanding the functions of the nutrients within eggs. Using a hob safely.</p> <p>Practical Skills: Health and safety in the kitchen, scrambling, frying, poaching, toasting and spreading.</p> <p>Idea Development: Flavour and recipe development, there will be the opportunity to design and make a nutritional omelette using ingredients from other food groups.</p> <p>Evaluation: Develop food vocabulary by tasting and analysing their own work.</p>	<ul style="list-style-type: none"> ● Structure ● Coagulation ● Denaturation ● Amino acids ● Lecithin ● Nutrients ● Macronutrients ● Micronutrients ● Chemical reactions ● Timings ● Toasting ● Frying ● Boiling ● Simmering ● Poaching ● Grating ● Analyse ● Evaluate ● Compare 	<p>Building on..... Knowledge of the versatility of eggs and the health benefits they provide. Developing knowledge of the science behind the cooking with repetition of facts and techniques.</p> <p>Building towards... Students will gain the knowledge and ability to cook eggs in a variety of forms, which will enable them to gain independence at home to cook a simple nutritional and healthy meal. The use of eggs within recipes will be developed further as they move through KS3.</p>

			<ul style="list-style-type: none"> ● Contrast 	
Autumn 2	<p>Breakfast options</p> <p>Nutrients, their functions and effect on health</p>	<p>Technical knowledge: Understanding nutritional value and the health problems that can be associated with food and diet. Using a hob and oven safely.</p> <p>Practical Skills: Health and safety in the kitchen, mixing, spreading, cutting, wrapping, dry frying, melting and baking.</p> <p>Idea Development: Flavour and recipe development, there will be the opportunity to add ingredients to a bowl of porridge to enhance taste and appearance.</p> <p>Evaluation: Develop food vocabulary by tasting and analysing their own work.</p>	<ul style="list-style-type: none"> ● Nutritional value ● Functions ● Nutrients ● Healthy diet ● Macronutrients ● Micronutrients ● Obesity ● Diabetes ● High blood pressure ● Coronary heart disease ● Tooth decay ● Eating disorders ● Seasoning ● Presentation ● Analyse ● Evaluate ● Compare ● Contrast 	<p>Building on..... Developing confidence and independence when making alternative breakfast options which require an increased skill level. Students will also develop their knowledge of how unhealthy food choices can have an impact on health and how lifestyle changes can have a positive impact.</p> <p>Building towards... A more in depth knowledge of the food groups and their functions within our bodies. Confidence in making more complex dishes and the ability to evaluate dishes with the use of more complex vocabulary.</p>
Spring 1	<p>Knife skills/Healthy lunches</p> <p>Energy balance and hydration</p>	<p>Technical knowledge: Understanding how to balance energy input with output. Weights and measurements, using a hob and oven safely.</p> <p>Practical Skills: Health and safety in the kitchen, boiling, simmering, chopping, slicing, grating, layering, presentation and baking.</p> <p>Idea Development: Flavour and recipe development, there will be the opportunity to choose an array of colourful ingredients for a layered salad and make a pizza using a selection of toppings for alternative flavours and nutritional content.</p> <p>Evaluation: Develop food vocabulary by tasting and analysing their own work and the work of their peers,</p>	<ul style="list-style-type: none"> ● Energy balance ● Hydration ● Age ● Gender ● Lifestyle ● Kilocalories ● Involuntary muscles ● Energy expenditure ● Energy output ● Timings ● Layering ● Bridge grip ● Claw grip ● Simmering ● Grating ● Analyse 	<p>Building on..... Previous knowledge gained of the Eatwell Guide and how to make nutritional and healthy lunch dishes. Students will also develop their knowledge of how we get and use energy on a daily basis.</p> <p>Building towards... Students gain a foundational knowledge of how energy is provided and used and this will be developed further during KS3 when looking at health issues and portion sizes.</p>

		giving constructive and positive feedback (Fundamental British Values).	<ul style="list-style-type: none"> ● Evaluate ● Compare ● Contrast 	
Spring 2	<p>The rubbing in technique</p> <p>Functions of ingredients</p>	<p>Technical knowledge: Understanding the functions of ingredients within dishes. Weights and measurements, using an oven safely.</p> <p>Practical Skills: Health and safety in the kitchen, rubbing in, mixing, grating, rolling, shaping, trimming, dividing evenly and baking.</p> <p>Idea Development: Flavour and recipe development, there will be the opportunity to add filling ideas to a quiche and cheese straws for alternative flavours and appearance.</p> <p>Evaluation: Develop food vocabulary by tasting and analysing their own work and the work of their peers, giving constructive and positive feedback (Fundamental British Values).</p>	<ul style="list-style-type: none"> ● Texture ● Bulk ● Nutritional value ● Binding ● Glazing ● Working characteristics ● Setting ● Thickening ● Aerating ● Coating ● Rubbing in ● Rolling ● Shaping ● Trimming ● Analyse ● Evaluate ● Compare ● Contrast 	<p>Building on..... Students will develop their rubbing in technique to make pastry and desserts. The skills of rolling and cutting out pastry will be developed further during KS3.</p> <p>Building towards... Students will become more confident in their dessert and pastry making skills and their ability to add nutritional value to a dish. The knowledge gained of the functions of the ingredients within dishes will develop their understanding of the science that takes place during the cooking processes.</p>
Summer 1	<p>Easy main courses</p> <p>Pasta and its uses</p>	<p>Technical knowledge: Understanding nutritional value and how to cook on a budget. Weights and measurements, using a hob and grill safely.</p> <p>Practical Skills: Health and safety in the kitchen, chopping, slicing, grating, boiling, simmering, frying, grilling and presentation.</p> <p>Idea Development: Recipe development, there will be the opportunity to use alternative pasta shapes to alter appearance.</p> <p>Evaluation: Develop food vocabulary by tasting and analysing their own work and the work of their peers,</p>	<ul style="list-style-type: none"> ● Al Dente ● Timings ● Boiling ● Simmering ● Pasta ● Mixing ● Grilling ● Dicing ● Chopping ● Analyse ● Evaluate ● Compare ● Contrast 	<p>Building on..... Knowledge of how to cook economically to avoid food wastage and keep within a budget. The functions of ingredients and chemical properties when cooking using water-based cooking methods and thickening sauces.</p> <p>Building towards... Confidence in the ability to follow more complex recipe sequences and developing recipe ideas, in preparation for the use of more</p>

		giving constructive and positive feedback (Fundamental British Values).		diverse recipes for the remainder of KS3.
Summer 2	Desserts and baking Food storage and how to reduce wastage	<p>Technical knowledge: Understanding how to use ingredients to avoid wastage. Weights and measurements, using a hob and oven safely.</p> <p>Practical Skills: Health and safety in the kitchen, mixing, beating, creaming, shaping, melting, spreading and baking.</p> <p>Idea Development: Recipe development, there will be the opportunity to use decorative skills on a couple of desserts to develop presentation skills.</p> <p>Evaluation: Develop food vocabulary by tasting and analysing their own work and the work of their peers, giving constructive and positive feedback (Fundamental British Values).</p>	<ul style="list-style-type: none"> ● Storage ● Environment ● Greenhouse gases ● Fridge ● Freezer ● Cupboard ● Temperature ● Use by ● Best before ● Leftovers ● Creaming ● Rubbing in ● Rolling ● Trimming ● Presentation ● Analyse ● Evaluate ● Compare ● Contrast 	<p>Building on..... Knowledge of baking skills and how to store and use food to avoid wastage. The influences on food choices due to external factors will continue to be investigated in KS3.</p> <p>Building towards... The skills and knowledge gained throughout the year are aimed at building student confidence in their ability to follow a healthy and balanced diet. Students will also have developed their use of vocabulary and evaluative skills which we will continue to build on during KS3.</p>