



# Curriculum Narrative

<b>Subject:</b> Food and Nutrition	<b>Year:</b> 8	<b>Author:</b> Mrs J Stewart
<b>Key Knowledge</b> <i>Pupils will know</i>		<b>Key Skills</b> <i>Pupils will be able to</i>
<p style="text-align: center;"><b>Key Threshold Concepts:</b></p> <p><b>Key stage 3</b></p> <ul style="list-style-type: none"> <li>Understand and apply the principles of nutrition and health</li> <li>Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet</li> <li>Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]</li> <li>Understand the source, seasonality and characteristics of a broad range of ingredient</li> </ul>	<p style="text-align: center;"><b>Subject Skills:</b></p> <p>Food and Nutrition Year 8 In Year 8, learners will be studying food all year on a 1 lesson a fortnight basis.</p> <p>In Food Preparation and Nutrition, learners will be taught a variety of practical skills using a range of materials based on</p> <ul style="list-style-type: none"> <li>The Eatwell Guide,</li> <li>Hygiene and health and safety</li> <li>Hydration</li> <li>Fruits and vegetables</li> <li>Vegetarian diet</li> <li>Methods of baking</li> <li>Function and use of eggs.</li> <li>Food labels</li> <li>Knife skills</li> <li>Correct use of equipment</li> <li>Measuring ingredients</li> <li>Importance of breakfast</li> <li>Sensory analysis and evaluation.</li> <li>All homework and recipes can be viewed ongo for schools on a weekly basis.</li> </ul>	
<p style="text-align: center;"><b><u>Subject Specific Knowledge</u></b></p> <p>Through this scheme of work, pupils will:</p> <ul style="list-style-type: none"> <li>recall and apply the principles of <i>The Eatwell guide</i> and the 8 tips for healthy eating;</li> <li>explain energy and how needs change through life;</li> <li>name the key nutrients, sources and functions;</li> <li>adapt and follow recipes using a variety of ingredients and equipment to prepare and cook a range of dishes;</li> <li>develop and demonstrate a wider range of food skills and techniques;</li> <li>develop and demonstrate the principles of food hygiene and safety in a range of situations;</li> <li>explain the factors that affect food and drink choice;</li> <li>demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making;</li> </ul>	<p style="text-align: center;"><b><u>Prerequisites and Spiral Teaching:</u></b></p> <p>Pupils will build on their learning in Year 7: knowledge and skills include:</p> <ul style="list-style-type: none"> <li>describing and applying <i>The Eatwell Guide</i> and the 8 tips for healthy eating;</li> <li>explaining energy and energy balance, key nutrients, their sources and functions;</li> <li>using and adapting recipes;</li> <li>using appropriate ingredients and equipment to prepare and cook a range of dishes;</li> <li>acquiring and demonstrating a range of food skills and techniques;</li> <li>acquiring and demonstrating the principles of food hygiene and safety;</li> <li>acquiring and demonstrating a knowledge of the source, seasonality and characteristics of a range of ingredients;</li> </ul>	

- develop and apply their knowledge and understanding of cooking methods;
- apply and consolidate their literacy and numeracy skills by using them purposefully in real-life scenarios;
- track their progress using the [My learning journey booklet](#) (food skills, cooking, nutrition, food provenance, ingredients, and creativity).

- acquiring and demonstrating the knowledge, understanding and skills needed to engage in an iterative process of planning and making.

They will go on to:

- use equipment effectively and independently to make a range of simple sweet and savoury dishes.
- Pupils will understand the function of ingredients and will be able to link them to the Eatwell guide.
- Pupils will learn why eggs are an important food commodity. They will be able to label both internally and externally. Understand their various functions in the kitchen.

Sensory evaluations following most practicals, so they develop further their sensory vocabulary and sense of their own ability.

- Cross-Curricular Knowledge Links:**
- **English** – Literacy – following differentiated methods
  - **Maths** – weighing and measuring
  - **Science** – the function of food in our bodies using good bacteria in foods.
  - **Geography** – Understanding what factors effect where produce is produced
  - **Citizenship** – Food provenance. Reduce, reuse, recycle

**Reading Lists / Sources / Reading around the subject recommendations:**

Ministry of food by Jamie Oliver  
 Jamie's Dinners by Jamie Oliver  
 How to bake by Paul Hollywood  
[www.bbcfood.co.uk](http://www.bbcfood.co.uk)

**Resources**

[Food – a fact of life and British Nutrition Foundation](#)  
[Food Standards Agency](#)  
[NHS Live Well](#)