

## Key Stage 3 Year 8 - Diet & Health

<p><b>Introduction</b></p> <p>This scheme of work has been developed to enable pupils to learn how to cook a range of dishes safely and hygienically and to apply their knowledge of nutrition. In addition, they will consider the factors that affect food choice, food availability and food waste.</p>			
<p><b>Aims</b></p> <p>Pupils will deepen their knowledge and understanding of food and nutrition;</p> <p>Pupils will further develop food preparation and cooking techniques;</p> <p>Pupils will deepen their knowledge of consumer food and drink choice;</p> <p>Pupils will be able to apply their knowledge to make informed choices;</p> <p>Pupils will develop the creative, technical and practical expertise needed to perform everyday tasks confidently;</p> <p>Pupils will build and apply a repertoire of knowledge, understanding and skills in order to design and make high quality products for a wide range of users;</p> <p>Pupils will evaluate and test their ideas and products and the work of others.</p>	<p><b>Learning outcomes overview</b></p> <p>Through this scheme of work, pupils will be able to:</p> <p>Recall and apply the principles of The Eat Well Plate and the 8 tips for healthy eating;</p> <p>Explain energy and how needs change through life;</p> <p>Name the main nutrients, sources and functions;</p> <p>Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of more complex dishes;</p> <p>Demonstrate a wider range of food preparation and cooking techniques;</p> <p>Apply the principles of food safety and hygiene;</p> <p>Explain the factors that affect food and drink choice;</p> <p>Demonstrate the knowledge, understanding and skills needed to engage in an iterative process of designing and making in a range of contexts such as home, health and agriculture;</p> <p>Be given regular opportunities to demonstrate and apply their knowledge and understanding of food science.</p>		
1	Food Safety - An Introduction The 4Cs	1	Oat Cookies
2	Food Critic: Practical Evaluation Using Blogger	2	Curry
3	Food Critic: Peer Assessment Using Blogger	3	Banana Loaf
4	Food Safety - Germometer & Food Poisoning	4	Pinwheels
5	Food Poisoning Research Team	5	Stir Fry
6	Scores on the Doors: The Role of an Environmental Health Officer	6	Sweet & Sour Chicken
7	Year 8 Assessment	7	Upside Down Fruit Pudding
8	Energy Foods: Staple Foods - King of the Carbs	8	Chilli
9	Energy Foods: Pasta Challenge & Research	9	Spaghetti Bolognese
10	Energy Foods: Cereal Crops - Wheat & Bread	10	Fajita Wraps (making a Marinade)
11	Energy Foods: Cereal Crops - Maize & Sensory Analysis	11	Macaroni Cheese
12	Energy Foods: Potatoes & Versatility	12	Pizza
13	DIT & Learning Review	13	Seasonal Cooking