

YEAR 8 FOOD



Content / Topic	Content / Topic	Content / Topic	Content / Topic	Content / Topic	Content / Topic	Content / Topic	Content / Topic	Content / Topic
Week 1 Theory:- Why do we eat food? The Eatwell Guide. Revise the Key Learning section in your Knowledge Organiser	Week 2 Practical:- Pizza Revise the percentages for the different sections of the Eatwell Guide in your Knowledge Organiser	Week 3 Practical:- Fruit plait Knowledge Organiser Learn the definitions of Balanced Diet and Carbohydrates, Protein and Fat	Week 4 Practical:- Tuna pasta bake. Knowledge Organiser Eight tips for healthy eating and the definition of healthy eating	Week 5 Practical:- Cottage Pie Knowledge Organiser Different food groups that make up the Eatwell Guide.	Week 6 Theory:- Soup development and nutritional analysis Knowledge Organiser Different food groups that make up the Eatwell Guide.	Week 7 Practical:- Soup Knowledge Organiser The relationship between food intake and physical activity.	Week 8 Practical:- Cheesecake Knowledge Organiser All Key definitions.	Week 9 Theory:- Dietary needs Evaluation and Peer Assessment

Assessment

Assessment



Skills	Skills	Skills	Skills	Skills	Skills	Skills	Skills	Skills
Health and Safety in the Classroom. Healthy Eating Understanding what the Eatwell Guide is used for. The different sections of the Eatwell Guide.	Work safely in the kitchen. Bread making Shape. Use of oven.	Safe use of knife Sweet bread dough Slice,dice and Peel	All in one method Grate Boil and simmer Use of hob	Slice, Dice, Brown, Grate, Simmer, mash Use of the hob	Knowledge of Eating a balanced diet Nutrients in food. Product Analysis Sensory Analysis Adapt a Recipe	Slice and dice Fry Boil simmer blend.	Melting method Blend Whip Decorate	Evaluation Self/peer assessment

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
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PIZZA, FRUIT PLAIT, TUNA PASTA BAKE, SOUP, CHEESECAKE Order of making may change each rotation.