

Food



Year 8 Curriculum Map



Year 8 – Food

Prior Learning	<p>Progression has been built into our food curriculum to enable pupils to acquire, develop and secure knowledge and understanding over the three years at key stage 3. The following curriculum areas, introduced at a basic level in year 7, are built upon and extended in year 8:</p> <ul style="list-style-type: none">• Prepare, cook, and present healthy, predominantly savoury dishes with more complexity and precision.• Apply and extend knowledge of healthy eating.• Apply and extend knowledge of food safety issues.• Demonstrate and apply awareness of consumer preference related to making good food choices.• Introduce new learning related to food provenance, production, and processing.
What will I learn?	<p>Pupils will learn and develop an understanding of food safety, including the preparation and safe storage of food, and new food safety principles when buying, storing, and preparing food and how to use equipment safely. Pupils will develop an understanding about energy, nutrients, water and fibre, diet and health, and nutritional needs. Widening their understanding of the source and seasonality of ingredients, different culinary traditions, and the characteristics of a broad range of ingredients. As part of their work with food in year 8, pupils will be taught how to cook new, and more complex, predominantly savoury dishes, and apply the principles of healthy eating. Practical work will include – chicken enchiladas, toad-in-the-hole, macaroni cheese, marble cake, cheesecake, sweet and sour chicken, and other seasonal dishes. Pupils will be taught how to make good food choices based on healthy eating guidelines and sustainable shopping. Pupils will understand where and how a variety of ingredients are grown, reared, or caught. They will explore factors that are involved in food choices and how this may be influenced by availability, seasonality, budget, packaging, environmental factors, culture etc.</p>
How will I be assessed?	<p>A baseline test at the start of year 8 gives us an understanding of any gaps in teaching and learning from year 7 – this in turn informs our teaching at the start of the year 8 course. Formative assessments are included throughout the module, and these will include peer assessments, verbal assessments of practical outcomes, low stakes testing and question and answer. A summative test at the end of the module will be completed online on Microsoft Forms.</p>
Next Steps	<p>The fundamental learning opportunities, outlined above, underpin the whole of the key stage 3 curriculum in food.</p> <p>Each year pupils will add to the knowledge already gained in terms of food preparation and cooking, planning, making, and evaluating food, promoting, and applying nutrition, applying aspects of consumer awareness, and implementing good food safety and hygiene.</p>
Opportunities for Independent Learning	<p>Our department has a strong focus and drive to develop independent learners and promote high standards of achievement through making and evaluating dishes. Food encourages pupils to think differently, giving them the ability to work collaboratively and innovatively. As a subject, we aim to promote successful, independent learners, who make excellent progress through an enjoyment of learning:</p> <p>Websites to promote independent learning in food include:</p> <ul style="list-style-type: none">www.foodafactoflife.co.ukhttps://www.bbc.co.uk/bitesize/subjects/zdn9jhvhttps://www.redtractor.org.ukwww.berspcaassured.org.ukwww.food.gov.uk

<p>Personal Development and CEIAG</p>	<p>Cultural diversity: Pupils will learn about the availability of ingredients and their limitations, food choice, and a repertoire of healthy savoury recipes.</p> <p>Physical health: Pupils study the energy balance and the role of micro-nutrients in a healthy diet.</p> <p>Personal development: Pupils learn how to make a repertoire of savoury dishes to cook through life, and they also develop an understanding of food safety and hygiene principles when cooking for their own families in the future.</p> <p>Consumer awareness – Pupils learn about different farming methods and learn to ‘look at the logo’ on food packaging – logo's that tell the consumer about the provenance of the food, hence making ethical and moral food choices easier later in life.</p>
<p>Enrichment Opportunities (Cultural Capital)</p>	<p>There are countless food focused media across all platforms. Some suitable shows that will enhance your cookery skills include:</p> <ul style="list-style-type: none"> • The Great British Menu • MasterChef • The Great British Bake-Off • BBC Food Network <p>The following websites will also enrich the curriculum knowledge:</p> <p>www.foodafactoflife.co.uk (Careers in food, recipes and reinforcement of nutritional learning)</p> <p>https://www.bbc.co.uk/food</p> <p>www.jamieshomecookingskills.com</p> <p>www.lovefoodhatewaste.com</p> <p>www.bbcgoodfood.com/recipes/category/cuisines</p> <p>www.bbc.co.uk/religion/religions</p> <p>www.nhs.uk/live-well/eat-well/5-a-day-what-counts</p>