



Topic name	Term	Skills developed	Link to NC subject content	Prior learning	Next link in curriculum
Healthy eating guidelines and dietary disorders	Autumn	<ul style="list-style-type: none"> Understand government guidelines for healthy eating Understand the link between malnutrition and dietary disorders 	<ul style="list-style-type: none"> Understand and apply the principles of nutrition and health 	Yr 7 and 8 healthy eating and nutrition	<ul style="list-style-type: none"> Practical sessions to reinforce correct procedures. Food choice, labels
The cooking of food – baking, poaching and meat cookery	Winter	<ul style="list-style-type: none"> Understanding the process of cooking and its effect on sensory factors 	<ul style="list-style-type: none"> Combining ingredients Awareness of taste, texture and smell 	Practical tasks in both year 7 and 8	<ul style="list-style-type: none"> Function and characteristics of nutrients
Raising agents – looking further into the use of bicarbonate of soda, yeast and baking powder	Spring	<ul style="list-style-type: none"> Knowledge of ingredients– their form, function and use in food preparation. 	<ul style="list-style-type: none"> Understand and use the properties of materials to achieve functioning solutions 	Yr 7 bicarbonate of soda Yr8 - yeast	<ul style="list-style-type: none"> Practical skills to reinforce theory
Supermarket survey and research task – working together, linking information and wider thinking.	Summer	<ul style="list-style-type: none"> Looking at foods available in the supermarkets and discussing cost, provenance, sustainability of production etc. 	<ul style="list-style-type: none"> use research and exploration, such as the study of different cultures, to identify and understand user needs 	Research and analysis tasks in Yr7 and 8	<ul style="list-style-type: none"> Practical tasks to clarify understanding of theoretical concepts learned and reinforcing practical skills



		<ul style="list-style-type: none">• Evaluation of results and conclusions drawn from evidence.	<ul style="list-style-type: none">• analyse the work of past and present professionals and others to develop and broaden their understanding		
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