



Topic Name	Term	Skills Developed	Link to NC Subject Content	Next link in curriculum	Prior learning	Other Notes
Yr 8 Nutrition and healthy eating.	Autumn	<ul style="list-style-type: none"> • Knowledge of energy balance in detail • Understanding ingredients from food/nutrient groups • Knowledge of feeding people through different life stages. 	<ul style="list-style-type: none"> • <i>Understand and apply the principles of nutrition and health</i> 	<ul style="list-style-type: none"> • <i>Food safety, storage and hygiene</i> 	Yr7 Nutrition and healthy eating	Energy balance and nutrients
Yr8 Introduction to sourcing, cooking, and understanding ingredients	Autumn/winter	<ul style="list-style-type: none"> • Understanding the different main ingredients that are available within the different food groups. • To understand source, cooking and storage of specific ingredients 	<ul style="list-style-type: none"> • Understanding source, seasonality and characteristics of a broad range of ingredients. 	<ul style="list-style-type: none"> • What is a diet and Government guidelines. • Nutrients in detail 	Yr7 seasonality and food miles, packaging and labels, starchy foods, crumbles	<p>Throughout course – practical sessions that reinforce and revisit theory to increase skills of production</p> <p>Meat, fish, poultry, wheat, rice etc.</p>



Yr8 Introduce gelatinisation, coagulation and caramelisation	Winter / Spring	<ul style="list-style-type: none"> Learn the processes that thicken, set and colour foods during cooking. 	<ul style="list-style-type: none"> Become competent in a range of cooking techniques. 	<ul style="list-style-type: none"> Practical elements throughout to support theory lessons and increase skills 	Yr 7 Practical skills - pasta, sauces, soups, pastry	Sauces, bread, lemon flan
Yr 8 Revisit raising agent – biological – yeast and pastry in relation to multicultural dishes	Spring/summer	<ul style="list-style-type: none"> Learn how about fermentation and different uses for different pastry when making a multicultural dish 	<ul style="list-style-type: none"> Become competent in a range of cooking techniques 	<ul style="list-style-type: none"> Practical elements 	Yr7 Skills - rubbing in method	Bread, pastry, samosa, sausage plait, chicken pie, fruit slices

Topic Name	Term	Skills Developed	Link to NC Subject Content	Next link in curriculum	Prior learning	Other Notes
Yr 8 Revisit pastry – introducing various products using different types of pastry,	Summer	<ul style="list-style-type: none"> Looking at how adding different ingredients can affect form and 	<ul style="list-style-type: none"> Cook a repertoire so they can feed themselves and others. Become competent in a range of cooking techniques. 	Various practical lessons.	Yr7 Skills - pastry products	



function of ingredients.		function of the pastry. <ul style="list-style-type: none">• Furthering skills of forming and shaping.				
--------------------------	--	---	--	--	--	--