

Year 8 Curriculum map

Topic / Unit: Principles of Nutrition & Where food comes from.																	
Month	Week	nur	Date		2024 / 2025 Academic year		Year 8	Year 8		Year 8	Year 8	Year 8	Year 8	Year 8	Year 8	Year 8	
				Week	Dates		Practical	Prior Skills Needed (Revisiting Procedural Knowledge)	Skills to be developed (new procedural knowledge) Add.	Prior Knowledge Needed (Revisiting Declarative Knowledge)	Theory	Subject Specific Terminology	Cultural Capital Opportunities	Link to AQA FPN Specification	Homework	Homework links	
Term one - Rotation 1																	
Sept	1	1-Sep	1st		2nd & 3rd eptember												
	2	8-Sep	2nd				No Practical - L1. Intro, food safety & hygiene recap			Bacteria and knowledge of correct hygiene procedures	L2. Bacteria & Food poisoning - Case study	Pathogens, Bacteria, Specific Temperatures, Illnesses, Hygiene	Good bacteria and bad bacteria(yoghurt), Historical illnesses (Covid, Scurvy)	Section 3 - Food safety	Design a Food poisoning poster to inform students of the effects of food poisoning bacteria. Indicate how food poisoning can be prevented.		
	3	15-Sep	3rd				FPT 1 - Vegetable Stir Fry (Application of 5 fruits & vegetables)	Heat transfer and Knife skills(Safety and correct holds)	S.1, S.2, S.3 & S.4	Knowledge of healthy eating guidelines and dietary guides	L3. Principles of healthy eating (review dietary guidelines)	Dietary Guides, Healthy Eating Guidelines, 8 Tips for healthy living, Practical procedure and Equipment	Religious and Cultural Influences on Diet	Section 1 - Food, Nutrition & Health	Create a mind-map of the Eatwell guide and the 8 tips for healthy eating. – The mind-map MUST indicate the benefits of both dietary guidelines. Recipe: Chicken, meat, or Tofu stir-fry.		
	4	22-Sep	4th		20th September		FPT 2 - Dutch Apple Cake (Excess of sugar & fats)	Heat transfer, Knife skills(Safety and correct holds) and Batter making skills)	S.1, S.2, S.3, S.4, S.5 & S.11	Functions of macronutrients	L4. Functions, Deficiencies & Excess of Macronutrients (Carbs)	Deficiency, Function, Macronutrition, Carbohydrates and Fat	Stigma around fat and weight	Section 1 - Food, Nutrition & Health	Research and write an article the factors that cause obesity in the UK. Include suggestions of how teenagers can remain healthy and prevent obesity disease. Recipe: Rock cakes.		
	5	29-Sep	5th				FPT 3 - Chicken Fajitas (Protein sources)	Heat transfer, Knife skills(Safety and correct holds), Timing	S.1, S.2, S.3, S.4 & S. 9	Deficiencies and Excess of macronutrients	L5. Functions, Deficiencies & Excess of Macronutrients (Fats)	Protein, Low Biological Value, High Biological Value	Discuss athletic and active lifestyle in relation to protein	Section 1 - Food, Nutrition & Health	Design a week's menu for a vegan. It MUST include breakfast, lunch and supper for 7 days. – Remember to combine a wide range of LBV proteins (protein complementation). Recipe: Own fajita (tortilla bread) & wrap.		
Oct	6	6-Oct	6th				FPT 4 -Thai Green Curry (with vegetables - micronutrient sources)	Heat transfer, Knife skills(Safety and correct holds), Timing, Adjustments	S.1, S.2, S.3, S.4, S.8 & S.9	Functions of micronutrients	L6. Functions, Deficiencies & Excess of Macronutrients (Protein)	Vitamins, Scurvy, Ricketts, Malnutrition	Importance of Vitamins (functions and Sources)	Section 1 - Food, Nutrition & Health	Create a vitamin leaflet to inform students in Westfield academy of the importance of eating a balanced diet. – Include deficiencies of a lack of vitamin A, B, C & D. Recipe: Indian or chicken curry.		
	7	13-Oct	7th				L7. Functions, Deficiencies & Excess of Micronutrients (Vitamins)	Knowledge from the Eatwell guide.		Deficiencies and Excess of micronutrients	L8. Functions, Deficiencies & Excess of Micronutrients (Minerals)	Minerals, Calcium, Iron, Sodium, Stroke	Importance of Minerals (functions and Sources)	Section 1 - Food, Nutrition & Health	Create a mind-map on minerals; state the functions, sources & deficiencies of calcium, Iron and Sodium. Recipe: Chili con carne lasagne.		
	8	20-Oct	8th				L9. Functional & chemical properties of carbohydrate (Gluten formation in bread - planning)	Measuring skills, Mixing and kneading	S.10	Deficiencies and Excess of micronutrients	L10. Bread flour investigation (Experiment)	Yeast, Carbon Dioxide, Raising Agent	Religion (Flat Bread)	Section 6 - NEA 1	Produce a research page on the origin of bread – Complete the worksheet attached, (Include pictures). Recipe: Flavoured bread / Chelsea buns.		
Half Term			Half-term		28th October - 1st November												
Nov	1	3-Nov	1st				FPT 5 - Lasagne (Use of lasagne pasta sheets)	Heat transfer, Knife skills(Safety and correct holds), Timing, Adjustments	S.1, S.2, S.3, S.4, S.7 & S.8	Dietary Requirements, Religion, Ethical and moral	L11. Special diets (Food choice - Religion, Medical, Etical & Moral reasons)	Ethics, Moral, Food Provenance	Food Preparation as a cultural event	Section 4 - Food choice	Go online to find children's menus from pubs or restaurants, e.g. www.harvester.co.uk , https://www.mcdonalds.com/gb/en-gb/menu.html Analyse the menu and state if the foods on the menu are suitable		
	2	10-Nov	2nd				FPT 6 - Kedgeree (use of plant crops, e.g. peas in a recipe)	Heat transfer, Knife skills(Safety and correct holds), Timing, Adjustments	S.1, S.2, S.3, S.4 & S. 7	Food Production and Knowledge of plant Crops	L12. Food production & processing (Intro & processing of plant crops)	Processing, Plant Crops	Historical Links	Section 5 - Food provenance	Create a seasonality chart of foods grown in the UK. Include popular locations. Recipe: Vegetable quiche or Lemon meringue pie.		
	3	17-Nov	3rd				FPT 7 - Quiche (use of a primary processed food - wheat flour)	Mixing, Heat transfer, Knife skills(Safety and correct holds), Timing, Adjustments	S.1, S.2, S.3, S.4 & S. 7, S.10 & S.12	Wheat Process (Germ, Mill, Sift)	L13. Primary processing of wheat into flour	Germing, Wheat, Flour, Wholemeal	Historical Links	Section 5 - Food provenance	Create a pictorial drawing of the stages involved in the primary processing of wheat flour. Recipe: Own pizza pinwheel creation.		
	4	24-Nov	4th				FPT 8 - Chocolate Brownies	Mixing, Heat Transfer, Timing	S.1, S.4, S.5 & S.11	Primary and Secondary Process	L14. Secondary processing of wheat into bread / pasta?	Knead, Prove, Milling, Sifting	Links with science chemical reaction	Section 5 - Food provenance	Explain the stages involved in making bread, state the functions of all the ingredients used in making bread. Recipe: Own flavour chocolate brown, e.g., orange chocolate brownie.		
Dec	5	1-Dec	5th		28th - & 29th November		Autumn term Test - 1			Primary and Secondary Process	Autumn term Test review	N/A	Revision Homework linking all covered topics		Revision		
	6	8-Dec	6th				Bonus lesson - Christmas cookies	Mixing, Heat Transfer, Timing	S.1, S.4, S.5 & S.10	Nutritional analysis	Bonus lesson - Nutritional analysis (of chocolate brownie)	Nutrition, Baking, Texture	How food effects health and wellbeing	Section 1 - Food, Nutrition & Health			
	7	15-Dec	7th				Bonus lesson - Sensory analysis of Minced pies			Packaging and Environmental Impact	Bonus lesson - Food packaging (produce & label a Christmas cookie box)	Recycling	Environmental Impact	Section 5 - Food provenance			
Christmas Break			Christmas Break		20th December to												
Christmas Break			Christmas Break		3rd January 2025												
Term one - Rotation 2																	
Jan	1	5-Jan	1st		6th January		No Practical - L1. Intro, food safety & hygiene recap			Bacteria and knowledge of correct hygiene procedures	L2. Bacteria & Food poisoning - Case study	Pathogens, Bacteria, Specific Temperatures, Illnesses, Hygiene	Good bacteria and bad bacteria(yoghurt), Historical illnesses (Covid, Scurvy)	Section 3 - Food safety	Design a Food poisoning poster to inform students of the effects of food poisoning bacteria. Indicate how food poisoning can be prevented.		
	2	12-Jan	2nd				FPT 1 - Vegetable Stir Fry (Application of 5 fruits & vegetables)	Heat transfer and Knife skills(Safety and correct holds)	S.1, S.2, S.3 & S.4	Knowledge of healthy eating guidelines and dietary guides	L3. Principles of healthy eating (review dietary guidelines)	Dietary Guides, Healthy Eating Guidelines, 8 Tips for healthy living, Practical procedure and Equipment	Religious and Cultural Influences on Diet	Section 1 - Food, Nutrition & Health	Create a mind-map of the Eatwell guide and the 8 tips for healthy eating. – The mind-map MUST indicate the benefits of both dietary guidelines. Recipe: Chicken, meat, or Tofu stir-fry.		
	3	19-Jan	3rd				FPT 2 - Dutch Apple Cake (Excess of sugar & fats)	Heat transfer, Knife skills(Safety and correct holds) and Batter making skills)	S.1, S.2, S.3, S.4, S.5 & S.11	Functions of macronutrients	L4. Functions, Deficiencies & Excess of Macronutrients (Carbs)	Deficiency, Function, Macronutrition, Carbohydrates and Fat	Stigma around fat and weight	Section 1 - Food, Nutrition & Health	Research and write an article the factors that cause obesity in the UK. Include suggestions of how teenagers can remain healthy and prevent obesity disease. Recipe: Rock cakes.		
	4	26-Jan	4th				FPT 3 - Chicken Fajitas (Protein sources)	Heat transfer, Knife skills(Safety and correct holds), Timing	S.1, S.2, S.3, S.4 & S. 9	Deficiencies and Excess of macronutrients	L5. Functions, Deficiencies & Excess of Macronutrients (Fats)	Protein, Low Biological Value, High Biological Value	Discuss athletic and active lifestyle in relation to protein	Section 1 - Food, Nutrition & Health	Design a week's menu for a vegan. It MUST include breakfast, lunch and supper for 7 days. – Remember to combine a wide range of LBV proteins (protein complementation). Recipe: Own fajita (tortilla bread) & wrap.		

Feb	5	2-Feb	5th			FPT 4 -Thai Green Curry (with vegetables - micronutrient sources)	Heat transfer, Knife skills(Safety and correct holds), Timing, Adjustments	S.1, S.2, S.3, S.4, S.8 & S.9	Functions of micronutrients	L6. Functions, Deficiencies & Excess of Macronutrients (Protein)	Vitamins, Scurvy, Ricketts, Malnutrition	Importance of Vitamins (functions and Sources)	Section 1 - Food, Nutrition & Health	Create a vitamin leaflet to inform students in Westfield academy of the importance of eating a balanced diet. – Include deficiencies of a lack of vitamin A, B, C & D. Recipe: Indian or chicken curry.
	6	9-Feb	6th			L7. Functions, Deficiencies & Excess of Micronutrients (Vitamins)	Knowledge from the Eatwell guide.	S.1, S.2, S.3, S.4, S.7 & S.8	Deficiencies and Excess of micronutrients	L8. Functions, Deficiencies & Excess of Micronutrients (Minerals)	Minerals, Calcium, Iron, Sodium, Stroke	Importance of Minerals (functions and Sources)	Section 1 - Food, Nutrition & Health	Create a mind-map on minerals; state the functions, sources & deficiencies of calcium, Iron and Sodium. Recipe: Chili con carne lasagne.
Half Term		Half-term		17th - 21st February										Produce a research page on the origin of bread –
	1	23-Feb	1st			L9. Functional & chemical properties of carbohydrate (Gluten formation in bread - planning)	Measuring skills, Mixing and kneading	S.10	Deficiencies and Excess of micronutrients	L10. Bread flour investigation (Experiment)	Yeast, Carbon Dioxide, Raising Agent	Religion (Flat Bread)	Section 6 - NEA 1	
Mar	2	2-Mar	2nd			FPT 5- Lasagne (Use of lasagne pasta sheets)	Heat transfer and Knife skills(Safety and correct holds)	S.1, S.2, S.3, S.4, S.7 & S.8	Dietary Requirements, Religion, Ethical and moral	L11. Special diets (Food choice - Religion, Medical, Etical & Moral reasons)	Ethics, Moral, Food Provenance	Food Preparation as a cultural event	Section 4 - Food choice	Go online to find children's menus from pubs or restaurants, e.g. www.harvester.co.uk , https://www.mcdonalds.com/gb/en-gb/menu.html Analyse the menu and state if the foods on the menu are suitable for children. Justify your answer. Recipe: Savoury rice
	3	9-Mar	3rd			FPT 6 - Kedgeree (use of plant crops, e.g. peas in a recipe)	Heat transfer, Knife skills(Safety and correct holds) and Batter making skills)	S.1, S.2, S.3, S.4 & S. 7	Food Production and Knowledge of plant Crops	L12. Food production & processing (Intro & processing of plant crops)	Processing, Plant Crops	Historical Links	Section 5 - Food provenance	Create a seasonality chart of foods grown in the UK. Include popular locations. Recipe: Vegetable quiche or Lemon meringue pie.
	4	16-Mar	4th			FPT 7 - Quiche (use of a primary processed food - wheat flour)	Heat transfer, Knife skills(Safety and correct holds), Timing	S.1, S.2, S.3, S.4 & S. 7, S.10 & S.12	Wheat Process (Germ, Mill, Sift)	L13. Primary processing of wheat into flour	Germing, Wheat, Flour, Wholemeal	Historical Links	Section 5 - Food provenance	Create a pictorial drawing of the stages involved in the primary processing of wheat flour. Recipe: Own pizza pinwheel creation.
	5	23-Mar	5th			FPT 8 - Chocolate Brownies	Measuring skills, Mixing and Timing	S.1, S.4, S.5 & S.11	Primary and Secondary Process	Spring term Test - 2	Knead, Prove, Milling, Sifting	Links with science chemical reaction		Explain the stages involved in making bread, state the functions of all the ingredients used in making bread. Recipe: Own flavour chocolate brown, e.g., orange chocolate brownie.
Easter Break		Easter		7th April to										
Easter Break		Break		21st April 2025										
Term one - Rotation 3														
April	1	13-Apr	1st	22nd April		No Practical - L1. Intro, food safety & hygiene recap			Bacteria and knowledge of correct hygiene procedures	L2. Bacteria & Food poisoning - Case study	Pathogens, Bacteria, Specific Temperatures, Illnesses, Hygene	Good bacteria and bad bacteria(yoghurt), Historical illnesses (Covid, Scurvy)	Section 3 - Food safety	Design a Food poisoning poster to inform students of the effects of food poisoning bacteria. Indicate how food poisoning can be prevented.
	2	20-Apr	2nd			FPT 1 - Vegetable Stir Fry (Application of 5 fruits & vegetables)	Heat transfer and Knife skills(Safety and correct holds)	S.1, S.2, S.3 & S.4	Knowledge of healthy eating guidelines and dietary guides	L3. Principles of healthy eating (review dietary guidelines)	Dietary Guides, Healthy Eating Guidelines, 8 Tips for healthy living, Practical	Religious and Cultural Influences on Diet	Section 1 - Food, Nutrition & Health	Create a mind-map of the Eatwell guide and the 8 tips for healthy eating. – The mind-map MUST indicate the benefits of both dietary guidelines. Recipe: Chicken,
May	3	27-Apr	3rd	1st May		FPT 2 - Dutch Apple Cake (Excess of sugar & fats)			Heat transfer, Knife skills(Safety and correct holds) and Batter making skills)	L4. Functions, Deficiencies & Excess of Macronutrients (Carbs)	Deficiency, Function, Macronutrition, Carbohydrates and Fat	Stigma around fat and weight	Section 1 - Food, Nutrition & Health	Research and write an article the factors that cause obesity in the UK. Include suggestions of how teenagers can remain healthiv and orevent obesitiv disease. Design a week's menu for a vegan. It MUST include breakfast, lunch and supper for 7 days. – Remember to combine a wide range of LBV proteins (protein complementation). Recipe: Own fajita (tortilla bread) & wrap.
	4	4-May	4th			FPT 3 - Chicken Fajitas (Protein sources)	Heat transfer, Knife skills(Safety and correct holds), Timing	S.1, S.2, S.3, S.4 & S. 9	Deficiencies and Excess of macronutrients	L5. Functions, Deficiencies & Excess of Macronutrients (Fats)	Protein, Low Biological Value, High Biological Value	Discuss athletic and active lifestyle in relation to protein	Section 1 - Food, Nutrition & Health	Create a vitamin leaflet to inform students in Westfield academy of the importance of eating a balanced diet. – Include deficiencies of a lack of vitamin A, B, C & D. Recipe: Indian or chicken curry.
	5	11-May	5th			FPT 4 -Thai Green Curry (with vegetables - micronutrient sources)	Heat transfer, Knife skills(Safety and correct holds), Timing, Adjustments	S.1, S.2, S.3, S.4, S.8 & S.9	Functions of micronutrients	L6. Functions, Deficiencies & Excess of Macronutrients (Protein)	Vitamins, Scurvy, Ricketts, Malnutrition	Importance of Vitamins (functions and Sources)	Section 1 - Food, Nutrition & Health	
	6	18-May	6th			L7. Functions, Deficiencies & Excess of Micronutrients (Vitamins)	Knowledge from the Eatwell guide.	S.1, S.2, S.3, S.4, S.7 & S.8	Deficiencies and Excess of micronutrients	L8. Functions, Deficiencies & Excess of Micronutrients (Minerals)	Minerals, Calcium, Iron, Sodium, Stroke	Importance of Minerals (functions and Sources)	Section 1 - Food, Nutrition & Health	Create a mind-map on minerals; state the functions, sources & deficiencies of calcium, Iron and Sodium. Recipe: Chili con carne lasagne.
Half-term		Half-term		26th May to 30th May 2025										Produce a research page on the origin of bread – Complete the worksheet attached, (Include pictures).
June	1	1-Jun	1st			L9. Functional & chemical properties of carbohydrate (Gluten formation in bread - planning)	Measuring skills, Mixing and kneading	S.10	Deficiencies and Excess of micronutrients	L10. Bread flour investigation (Experiment)	Yeast, Carbon Dioxide, Raising Agent	Religion (Flat Bread)	Section 6 - NEA 1	
	2	15-Jun	2nd			FPT 5- Lasagne (Use of lasagne pasta sheets)	Heat transfer and Knife skills(Safety and correct holds)	S.1, S.2, S.3, S.4, S.7 & S.8	Dietary Requirements, Religion, Ethical and moral	L11. Special diets (Food choice - Religion, Medical, Etical & Moral reasons)	Ethics, Moral, Food Provenance	Food Preparation as a cultural event	Section 4 - Food choice	Go online to find children's menus from pubs or restaurants, e.g. www.harvester.co.uk , https://www.mcdonalds.com/gb/en-gb/menu.html Analyse the menu and state if the foods on the menu are suitable
	3	22-Jun	3rd			FPT 6 - Kedgeree (use of plant crops, e.g. peas in a recipe)	Heat transfer, Knife skills(Safety and correct holds) and Batter making skills)	S.1, S.2, S.3, S.4 & S. 7	Food Production and Knowledge of plant Crops	L12. Food production & processing (Intro & processing of plant crops)	Processing, Plant Crops	Historical Links	Section 5 - Food provenance	Create a seasonality chart of foods grown in the UK. Include popular locations. Recipe: Vegetable quiche or Lemon meringue pie.
	4	29-Jun	4th			FPT 7 - Quiche (use of a primary processed food - wheat flour)	Heat transfer, Knife skills(Safety and correct holds), Timing	S.1, S.2, S.3, S.4 & S. 7, S.10 & S.12	Wheat Process (Germ, Mill, Sift)	L13. Primary processing of wheat into flour	Germing, Wheat, Flour, Wholemeal	Historical Links	Section 5 - Food provenance	Create a pictorial drawing of the stages involved in the primary processing of wheat flour. Recipe: Own pizza pinwheel creation.
July	5	6-Jul	5th			FPT 8 - Chocolate Brownies	Heat transfer, Knife skills(Safety and correct holds), Timing, Adjustments	S.1, S.2, S.3, S.4 & S. 7 & S.10	Primary and Secondary Process	Summer term Test - 3	Knead, Prove, Milling, Sifting	Links with science chemical reaction		Explain the stages involved in making bread, state the functions of all the ingredients used in making bread. Recipe: Own flavour chocolate brown, e.g

