Year 8 Curriculum map

Year	Year 8 Curriculum map Topic / Unit: Principles of Nutrition & Where food comes from.															
Mont	) Week n	nur Date		2024 / 2025 Academic year	Year 8	Year 8	Skills to be		Year 8	Year 8	Year 8	Year 8	Year 8	Year 8		
						Prior Skills Needed (Revisiting	developed (new procedural	Prior Knowledge Needed (Revisiting Declarative		Subject Specific	Cultural Capital	Link to AQA FPN				
			Week	Dates	Practical	Procedural Knowledge)	knowledge) Add	Knowledge)	Theory	Terminology	Opportunities	Specification	Homework	Homework links		
	Term one - Rotation 1								T						+	
														ļ	1	
Sept		1 1-S	ep 1st	2nd & 3rd eptember	Inset days									ļ	1	
				·		·										
										Pathogens, Bacteria, Specific	Good bacteria and bad bacteria(yoghurt),		Design a Food poisoning poster to inform students of			
		2 8-S	ep 2nd		No Practical - L	. Intro, food safety & hygiene recap	_	Bacteria and knowledge of correct hygene procedures	L2. Bacteria & Food poisoning - Case study	Temperatures, Illnesses, Hygene	Historical illnesses (Covid, Scurvy)	Section 3 - Food safety	the effects of food poisoning bacteria. Indicate how food poisoning can be prevented.			
										Dietary Guides, Healthy			Create a mind-map of the Eatwell guide and the 8 tips			
					FPT 1 - Vegetable Stir Fry (Application of S	Heat transfer and Knife skills( Safety		Knowledge of healthy eating	L3. Principles of healthy eating (review dietary	Eating Guidelines, 8 Tips for healthy living, Practical	Religious and Cultural	Section 1 - Food, Nutrition	for healthy eating. – The mind-map MUST indicate the benefits of both dietary guidelines. Recipe: Chicken,			
		3 15-S	iep 3rd		fruits & vegetables)	and correct holds)	S.1, S.2, S.3 & S.4	guidelines and dietary guides		procedure and Equipment	Influences on Diet	& Health				$\overline{}$
													Research and write an article the factors that cause			
					FPT 2 - Dutch Apple Cake (Excess of sugar		S.1, S.2, S.3, S.4, S.5		L4. Functions, Deficiencies & Excess of Macronutrients	Deficiency, Function, Macronutrition,		Section 1 - Food, Nutrition	obesity in the UK. Include suggestions of how teenagers can remain healthy and prevent obesity disease.			
		4 22-S	ep 4th	20th September	All staff TD* fats)	skills)	& S.11	Functions of macronutrients	(Carbs)	Carbohydrates and Fat	weight	& Health	Recipe: Rock cakes.  Design a week's menu for a vegan. It MUST include			
											Discuss athletic and active		breakfast, lunch and supper for 7 days. – Remember to combine a wide range of LBV proteins (protein			
		5 29-S	iep 5th		FPT 3 - Chicken Faiitas (Protein sources)	Heat transfer, Knife skills( Safety and correct holds), Timing	S.1, S.2, S.3, S.4 & S.	Deficiencies and Excess of macronutrients	L5. Functions, Deficiencies & Excess of Macronutrients (Fats)	Protein, Low Biological Value, High Biological Value	lifestyle in relation to	Section 1 - Food, Nutrition & Health	I			
		5 29-3	ер зи		FPT 5 - Chicken Fajitas (Protein Sources)	correct noids), riming	9	macronutrients	(rdts)	value, High Biological Value	protein	& nealth	Create a vitamin leaflet to inform students in Westfield			
					FPT 4 -Thai Green Curry (with vegetables	Heat transfer, Knife skills( Safety and	S.1, S.2, S.3, S.4. S.8		L6. Functions, Deficiencies & Excess of Macronutrients	Vitamins, Scurvy, Ricketts,	Importance of Vitamins	Section 1 - Food, Nutrition	academy of the importance of eating a balanced diet. – Include deficiencies of a lack of vitamin A, B, C & D.			
Oct		6 6-0	Oct 6th		micronutrient sources)	correct holds), Timing, Adjustments	& S.9	Functions of micronutrients	(Protein)	Malnutrition	(functions and Sources)	& Health	Recipe: Indian or chicken curry.			
													Create a mind-map on minerals; state the functions,			
		7 13-0	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	sources & deficiencies of calcium, Iron and Sodium.  Recipe: Chili con carne lasagne.			
						0.00				,	,					
					L9. Functional & chemical properties of			Deficiently and Successful		Venet Code of Bloods			Produce a research page on the origin of bread – Complete the worksheet attached, (Include pictures).			
		8 20-C	Oct 8th		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	Recipe: Flavoured bread / Chelsea buns.			
	Half Ter	rm	Half-term	28th October - 1st November											1	
												Go online to find children's menus from pubs or restaurants, e.g. www.harvester.co.uk , https://www.				
Nov		1 3-N	lov 1st		FPT 5 - Lasagne (Use of lasagne pasta shee	Heat transfer, Knife skills( Safety and correct holds), Timing, Adjustments		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	mcdonalds.com/gb/en-gb/menu.html Analyse the			
1400		1 JK	130		1113 - Lasagne (ose of lasagne pasta since	correct notasy, rinning, Augustinents	Q 3.0	Kengion, Ethical and moral	Edital & World Teasons)	Trovenance	cultural event	Section 4-1 dod choice	menu and state if the foods on the menu are suitable  Create a seasonality chart of foods grown in the UK.			
					FPT 6 - Kedgeree (use of plant crops, e.g. pe			Food Production and	L12. Food production & processing (Intro & processing			Section 5 - Food	Include popular locations. Recipe: Vegetable quiche or			
		2 10-N	lov 2nd		in a recipe)	correct holds), Timing, Adjustments	7	Knowledge of plant Crops	of plant crops)	Processing, Plant Crops	Historical Links	provenance	Lemon meringue pie.		-+	
						Mixing, Heat transfer, Knife skills(							Create a pictorial drawing of the stages involved in the			
		3 17-N	lov 3rd		FPT 7 - Quiche (use of a primary processed food - wheat flour)	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	primary processing of wheat flour. Recipe: Own pizza pinwheel creation.			
													Explain the stages involved in making bread, state the			
								Primary and Secondary	L14. Secondary processing of wheat into bread /		Links with science chemical	Section 5 - Food	functions of all the ingredients used in making bread.  Recipe: Own flavour chocolate brown, e.g., orange			
		4 24-N	lov 4th		FPT 8 - Chocolate Brownies	Mixing, Heat Transfer, Timing	S.1, S.4, S.5 & S.11	Process	pasta?	Knead, Prove, Milling, Sifting	reaction	provenance	chocolate brownie.		$\overline{}$	
														ļ	1	
								Primary and Secondary			Revision Homework linking			ļ	1	
Dec		5 1-D	Dec 5th	28th - & 29th November	Inset & OD* Autumn term Test - 1			Process	Autumn term Test review	N/A	all covered topics		Revision			
									Bonus lesson - Nutritional analysis (of chocolate			Section 1 - Food, Nutrition		ļ		
		6 8-D	Dec 6th		Bonus lesson - Christmas cookies	Mixing, Heat Transfer, Timing	S.1, S.4, S.5 & S.10	Nutritional analysis	brownie)	Nutrition, Baking, Texture	and wellbeing	& Health				
								Packaging and Environmental			For the second	Section 5 - Food		ļ		
	Christmas I		Christmas		Bonus lesson - Sensory analysis of Minced p			Impact	Christmas cookie box)	Recycling	Environmental Impact	provenance				
	Christmas I	Break	Break	3rd January 2025												
				1	<u>'</u>				1	•						
Term one - Rotation 2																
											Good bacteria and bad					+
								Bacteria and knowledge of		Pathogens, Bacteria, Specific Temperatures, Illnesses,	bacteria(yoghurt), Historical illnesses (Covid,		Design a Food poisoning poster to inform students of the effects of food poisoning bacteria. Indicate how			
Jan		1 5-J	an 1st	6th January	Inset day No Practical - L	. Intro, food safety & hygiene recap		correct hygene procedures	L2. Bacteria & Food poisoning - Case study	Hygene	Scurvy)	Section 3 - Food safety	food poisoning can be prevented.			-
										Dietary Guides, Healthy			Create a mind-map of the Eatwell guide and the 8 tips			
					FPT 1 - Vegetable Stir Fry (Application of S			Knowledge of healthy eating		Eating Guidelines, 8 Tips for healthy living, Practical	Religious and Cultural	Section 1 - Food, Nutrition				
$\vdash$		2 12-J	an 2nd		fruits & vegetables)	and correct holds)	S.1, S.2, S.3 & S.4	guidelines and dietary guides	guidelines)	procedure and Equipment	Influences on Diet	& Health	meat, or Tofu stir-fry.			
						Heathtransfer Welfer - Lilled Co. Co.				Deficiency Frantis			Research and write an article the factors that cause obesity in the UK. Include suggestions of how teenagers			
		2			FPT 2 - Dutch Apple Cake (Excess of sugar		S.1, S.2, S.3, S.4, S.5	Functions - 5	L4. Functions, Deficiencies & Excess of Macronutrients	Deficiency, Function, Macronutrition,		Section 1 - Food, Nutrition	can remain healthy and prevent obesity disease.			
		3 19-J	an 3rd		fats)	skills)	& S.11	Functions of macronutrients	(Carbs)	Carbohydrates and Fat	weight	& Health	Recipe: Rock cakes.  Design a week's menu for a vegan. It MUST include			
											Discuss out to the		breakfast, lunch and supper for 7 days. – Remember to combine a wide range of LBV proteins (protein			
		4			propagation - 10 de la compagation dela compagation de la compagation de la compagation de la compagat	Heat transfer, Knife skills( Safety and			L5. Functions, Deficiencies & Excess of Macronutrients		Discuss athletic and active lifestyle in relation to		complementation). Recipe: Own fajita (tortilla bread) &			
Ц		4 26-J	an 4th	1	FPT 3 - Chicken Fajitas (Protein sources)	correct holds), Timing	9	macronutrients	(Fats)	Value, High Biological Value	protein	& Health	wrap.			$\overline{}$

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												Create a vitamin leaflet to inform students in Westfield	
					FPT 4 -Thai Green Curry (with vegetables -	Heat transfer, Knife skills( Safety and S.1, S.2, S.3, S.4, S.8		L6. Functions, Deficiencies & Excess of Macronutrients	Vitamins, Scurvy, Ricketts,	Importance of Vitamins	Castian 1 Food Nutrition	academy of the importance of eating a balanced diet. – Include deficiencies of a lack of vitamin A, B, C & D.	
Feb	5	2-Feb	5th		micronutrient sources)	correct holds), Timing, Adjustments & S.9	Functions of micronutrients	(Protein)	Malnutrition	(functions and Sources)	& Health	Recipe: Indian or chicken curry.	
					L7. Functions, Deficiencies & Excess of	S.1, S.2, S.3, S.4, S.7	Deficiencies and Excess of	L8. Functions, Deficiencies & Excess of Micronutrients	Minerals, Calcium, Iron,	Importance of Minerals	Section 1 - Food, Nutrition	Create a mind-map on minerals; state the functions, sources & deficiencies of calcium, Iron and Sodium.	
	6	9-Feb	0111		Micronutrients (Vitamins)	Knowledge from the Eatwell guide. & S.8	micronutrients	(Minerals)	Sodium, Stroke	(functions and Sources)	& Health	Recipe: Chili con carne lasagne.	
i	Half Term		Half-term	17th - 21st February								Produce a research page on the origin of bread –	
					L9. Functional & chemical properties of								
	1	23-Feb	1st		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		
		23100	250		pidiiii.g)	Wedsaring sains, maning and arccounty	meronderenes	2201 Stead Hour Investigation (Experiment)	naising rigent	religion (Flac Bread)	Section 6 NEXT	Go online to find children's menus from pubs or	I
												restaurants, e.g. www.harvester.co.uk , https://www. mcdonalds.com/gb/en-gb/menu.html Analyse the	
	١	2-Mar	2nd		FPT 5- Lasagne (Use of lasagne pasta sheets	Heat transfer and Knife skills( Safety S.1, S.2, S.3, S.4, S.7 and correct holds) & 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	Sastian A Faced shains	menu and state if the foods on the menu are suitable for children. Justify your answer. <b>Recipe: Savoury rice</b>	
William		2 IVIUI	ZIIG		1113- Easagne (Ose Oriasagne pasta sincets	and correct notasy & 3.5	Kengion, Eunical and moral	Eticar & Worar reasonsy	TTOVENIANCE	Cultural Event	Section 4 - 1 ood choice		
						Heat transfer, Knife skills( Safety and						Create a seasonality chart of foods grown in the UK.	
	3	9-Mar	3rd		FPT 6 - Kedgeree (use of plant crops, e.g. pea in a recipe)	as correct holds) and Batter making S.1, S.2, S.3, S.4 & S. skills)	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	Include popular locations. Recipe: Vegetable quiche or Lemon meringue pie.	
		3 ividi	5.0		ша гепреу	James, J	intowicage of plant crops	or plant erops)	1 Toccssing, Flanc Crops	THISCOTICULE ETHICS	provenance		
												Create a pictorial drawing of the stages involved in the	
	4	16-Mar	4th		FPT 7 - Quiche (use of a primary processed food - wheat flour)	Heat transfer, Knife skills( Safety and correct holds), Timing 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	primary processing of wheat flour. Recipe: Own pizza pinwheel creation.	
	4	10-IVIAI	4111		100a - Wheat Hour)	Correct noiss), Tirning 7, 3.10 & 3.12	Sitt)	L13. Primary processing of wheat into flour	Wilolemeal	HISTORICAL LINKS	provenance	prinwineer treation.	
												Explain the stages involved in making bread, state the	
							Primary and Secondary			Links with science chemical		functions of all the ingredients used in making bread.  Recipe: Own flavour chocolate brown, e.g., orange	
$\perp$	5	23-Mar	5th		FPT 8 - Chocolate Brownies	Measuring skills, Mixing and Timing S.1, S.4, S.5 & S.11	Process	Spring term Test - 2	Knead, Prove, Milling, Sifting			chocolate brownie.	
								L14. Secondary processing of wheat into bread /	N/A	Revision Homework linking all covered topics	Section 5 - Food	Revision	
					Spring term Test review			pasta?	N/A	all covered topics	provenance	REVISION	
Ea	aster Break	k	Easter	7th April to									
E	aster Break	k	Break	21st April 2025									
				·									
					-	Ferm one - Rotation 3							
						iem one - notation s				Good bacteria and bad			
							Bacteria and knowledge of		Pathogens, Bacteria, Specific Temperatures, Illnesses,	bacteria(yoghurt), Historical illnesses (Covid,		Design a Food poisoning poster to inform students of the effects of food poisoning bacteria. Indicate how	
April	1	13-Apr	1st	22nd April	All staff TD* No Practical - L1	. Intro, food safety & hygiene recap	correct hygene procedures	L2. Bacteria & Food poisoning - Case study	Hygene	Scurvy)	Section 3 - Food safety	food poisoning can be prevented.	
					FPT 1 - Vegetable Stir Fry (Application of 5	Heat transfer and Knife skills( Safety	Knowledge of healthy eating	L3. Principles of healthy eating (review dietary	Dietary Guides, Healthy Eating Guidelines, 8 Tips for	Religious and Cultural	Section 1 - Food, Nutrition	Create a mind-map of the Eatwell guide and the 8 tips for healthy eating. – The mind-map MUST indicate the	
	2	20-Apr	2nd		fruits & vegetables)	and correct holds) S.1, S.2, S.3 & S.4  Heat transfer, Knife skills( Safety and	guidelines and dietary guides		healthy living, Practical  Deficiency, Function,	Influences on Diet	& Health	benefits of both dietary guidelines. <b>Recipe: Chicken</b> ,  Research and write an article the factors that cause	
					FPT 2 - Dutch Apple Cake (Excess of sugar &	correct holds) and Batter making S.1, S.2, S.3, S.4, S.5		L4. Functions, Deficiencies & Excess of Macronutrients	Macronutrition,	Stigma around fat and	Section 1 - Food, Nutrition	obesity in the UK. Include suggestions of how teenagers	
May	3	27-Apr	3rd	1st May	Bank holiday fats)	skills) & S.11	Functions of macronutrients	(Carbs)	Carbohydrates and Fat	weight	& Health	can remain healthy and prevent obesity disease.  Design a week's menu for a vegan. It MUST include	
										Discuss athletic and active		breakfast, lunch and supper for 7 days. – Remember to combine a wide range of LBV proteins (protein	
- 1		4.84			FPT 3 - Chicken Fajitas (Protein sources)	Heat transfer, Knife skills( Safety and S.1, S.2, S.3, S.4 & S.		L5. Functions, Deficiencies & Excess of Macronutrients		lifestyle in relation to		complementation). Recipe: Own fajita (tortilla bread) &	
	4	4-May	4th		FPT 3 - Chicken Fajitas (Protein sources)	correct holds), Timing 9	macronutrients	(Fats)	Value, High Biological Value	protein	& Health	wrap. Create a vitamin leaflet to inform students in Westfield	
					FPT 4 -Thai Green Curry (with vegetables -	Heat transfer, Knife skills( Safety and S.1, S.2, S.3, S.4, S.8		L6. Functions, Deficiencies & Excess of Macronutrients	Vitamins, Scurvy, Ricketts,	Importance of Vitamins	Castian 1 Food Nutrition	academy of the importance of eating a balanced diet. – Include deficiencies of a lack of vitamin A, B, C & D.	
	5	11-May	5th		micronutrient sources)	correct holds), Timing, Adjustments & S.9	Functions of micronutrients		Malnutrition	(functions and Sources)	& Health	Recipe: Indian or chicken curry.	
					L7. Functions, Deficiencies & Excess of	S.1, S.2, S.3, S.4, S.7	Deficiencies and Excess of	L8. Functions, Deficiencies & Excess of Micronutrients	Minerals, Calcium, Iron,	Importance of Minerals	Section 1 - Food, Nutrition	Create a mind-map on minerals; state the functions, sources & deficiencies of calcium, Iron and Sodium.	
	6	18-May	6th		Micronutrients (Vitamins)	Knowledge from the Eatwell guide. S.1, S.2, S.3, S.4, S.7	micronutrients	(Minerals)	Sodium, Stroke	(functions and Sources)	& Health	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).	
				,	L9. Functional & chemical properties of								
		4.	.		carbohydrate (Gluten formation in bread -	Macausian skille Midro and broadly	Deficiencies and Excess of	110 Broad fly mineral section 1	Yeast, Carbon Dioxide,	Delinian (Clar S	Sant's a Control		
June	1	1-Jun	1st		planning)	Measuring skills, Mixing and kneading \$.10	micronutrients	L10. Bread flour investigation (Experiment)	Raising Agent	Religion (Flat Bread)	Section 6 - NEA 1	Go online to find children's menus from pubs or	
						Heat transfer and Knife skills( Safety S.1, S.2, S.3, S.4, S.7	Dietary Requirements,	L11. Special diets (Food choice - Religion, Medical,	Ethics, Moral, Food	Food Preparation as a		restaurants, e.g. www.harvester.co.uk , https://www. mcdonalds.com/gb/en-gb/menu.html Analyse the	
$\Box$	2	15-Jun	2nd		FPT 5- Lasagne (Use of lasagne pasta sheets		Religion, Ethical and moral	Etical & Moral reasons)	Provenance	cultural event	Section 4 - Food choice	manu and state if the foods on the menu are suitable	
					FPT 6 - Kedgeree (use of plant crops, e.g. pea	Heat transfer, Knife skills( Safety and correct holds) and Batter making S.1, S.2, S.3, S.4 & S.	Food Production and	L12. Food production & processing (Intro & processing			Section 5 - Food	Create a seasonality chart of foods grown in the UK. Include popular locations. Recipe: Vegetable quiche or	
	3	22-Jun	3rd		in a recipe)	skills) 7	Knowledge of plant Crops	of plant crops)	Processing, Plant Crops	Historical Links	provenance	Lemon meringue pie.	
												Create a pictorial drawing of the stages involved in the	
					FPT 7 - Quiche (use of a primary processed				Germing, Wheat, Flour,		Section 5 - Food	primary processing of wheat flour. Recipe: Own pizza	
	4	29-Jun	4th		food - wheat flour)	correct holds), Timing 7, S.10 & S.12	Sift)	L13. Primary processing of wheat into flour	Wholemeal	Historical Links	provenance	pinwheel creation.  Explain the stages involved in making bread, state the	
										L		functions of all the ingredients used in making bread.	
July	5	6-Jul	5th		FPT 8 - Chocolate Brownies	Heat transfer, Knife skills( Safety and correct holds), Timing, Adjustments 7 & S.1, S.2, S.3, S.4 & S.	Primary and Secondary Process	Summer term Test - 3	Knead, Prove, Milling, Sifting	Links with science chemical reaction		Recipe: Own flavour chocolate brown, e.g., orange chocolate brownie.	
		40					Primary and Secondary	L14. Secondary processing of wheat into bread /	A	Revision Homework linking		Provides	
ł	6	13-Jul			Summer term test review		Process	pasta?	N/A	all covered topics	provenance	Revision	
- 1				4th - 22nd July	Activities week			Activities week					
	7	Jul-26	7th	(Activities week)???	Activities week			Activities WEEK					