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| YEAR 7  Term | Theme | What students will learn | Key assessment | How you can support your child |
| 1 | Introduction to Food and nutrition.  Food safety and equipment | Students will learn about food safety and hygiene in the food room. They will prepare and make a range of products and will begin to carry out sensory analysis on food products | Practical activities including salad, pasta bake and Bread rolls | Prepare and cook meals at home.  Discuss nutrition and eating healthily |
| 2 | Guidelines for healthy eating and following the eat well guide | Students will learn about the eat well guide and how they can eat less fat in their diets | Testing of knowledge of the eat well plates at the end of Autumn term | Use websites at home including the British Nutrition Foundation and Food a fact of life |
| 3 | Adapting recipes to make them healthier | Students will learn practical ways to reduce the amount of sugar in the diet and will adapt a scone/muffin recipe | Adaption of recipe | Use websites at home including the British Nutrition Foundation and Food a fact of life |
| 4 | Fruity desserts | Students will learn about how to incorporate more fruit and vegetables into the diet. They will learn how to answer a brief | Fruity dessert design work | Drawing at home, collecting recipes and watching cookery programmes |
| 5 | Fruity Desserts | Students will learn how to plan out a practical and evaluate in detail including nutritional analysis | Fruity Dessert Practical outcome | Drawing at home, collecting recipes and watching cookery programmes |
| 6 | Factors that affect food choice | Students will learn about factors that affect the food we eat including seasonality, cost, celebrations etc | Practical work related to seasonality and celebrations  End of year assessment | Use websites at home including the British Nutrition Foundation and Food a fact of life |

Year 8

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| Term | Theme | What students will learn | Key assessment | How you can support your child |
| 1 | Focus on food | Students will recap knowledge of the eat well guide and then focus on food groups to include dairy, meat and fish | Practical activities including Cheesecake, chicken pie and fish pie | Prepare and cook meals at home.  Discuss nutrition and eating healthily |
| 2 | Focus on food | Students will learn about fruit and vegetables in the diet and carry out a focused practical task related to fruit and vegetables | Testing of knowledge through an assessment based on designing a product to include a range of fruit and vegetables | Looking at seasonal food when in supermarket and farmer’s markets  Watching Cookery programmes |
| 3 | Safe Food | Students will learn about what makes food decay, how to prevent food spoilage and methods of preservation. Practical work includes lemon curd and risotto | Practical activities including lemon curd and risotto | Use websites at home including the British Nutrition Foundation and Food a fact of life |
| 4 | Safe Food | Students will learn about food safety and storage and use of the fridge and freezer | Assessment based on designing a cook chill product and making the outcome | Drawing at home, collecting recipes and watching cookery programmes |
| 5 | Special Diets | Students will learn that different groups of people have different dietary needs. They will learn that here are many factors that can affect someone’s dietary choices. These include age, diet-related illnesses, religion, culture, ethical and moral reasons. | Assessment based on creation of a product to meet a special diet | Drawing at home, collecting recipes and watching cookery programs |
| 6 | Special Diets | Students will learn about food intolerances and allergies | Practical work including gluten free products, low fat dishes and low sugar products  End of year assessment | Use of magazines and Jamie Oliver website for special diets |

Year 9

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| Term | Theme | What students will learn | Key assessment | How you can support your child |
| 1 |  | Students will recap knowledge of the eat well guide and then focus on food groups to include dairy, meat and fish | Practical activities including Cheesecake, chicken pie and fish pie | Prepare and cook meals at home.  Discuss nutrition and eating healthily |
| 2 | Focus on food | Students will learn about fruit and vegetables in the diet and carry out a focused practical task related to fruit and vegetables | Testing of knowledge through an assessment based on designing a product to include a range of fruit and vegetables | Looking at seasonal food when in supermarket and farmer’s markets  Watching Cookery programmes |
| 3 | Safe Food | Students will learn about what makes food decay, how to prevent food spoilage and methods of preservation. Practical work includes lemon curd and risotto | Practical activities including lemon curd and risotto | Use websites at home including the British Nutrition Foundation and Food a fact of life |
| 4 | Safe Food | Students will learn about food safety and storage and use of the fridge and freezer | Assessment based on designing a cook chill product and making the outcome | Drawing at home, collecting recipes and watching cookery programmes |
| 5 | Special Diets | Students will learn that different groups of people have different dietary needs. They will learn that here are many factors that can affect someone’s dietary choices. These include age, diet-related illnesses, religion, culture, ethical and moral reasons. | Assessment based on creation of a product to meet a special diet | Drawing at home, collecting recipes and watching cookery programs |
| 6 | Special Diets | Students will learn about food intolerances and allergies | Practical work including gluten free products, low fat dishes and low sugar products  End of year assessment | Use of magazines and Jamie Oliver website for special diets |