

Bellerive FCJ Catholic College



Department: DT: FOOD

Year Group: 8

Term	Learning Focus	Key Knowledge and Skills	Assessment	Challenge and Enrichment
1	Re-cap of Safety & Hygiene The Eatwell Guide Healthy Eating & Fat Healthy Bolognese Practical Sugar & Fruit Crumble Demo Fruit Crumble Practical & Fibre Salt and Cold Pasta Salad Practical Review & Assessment	<ul style="list-style-type: none"> Understanding safety and hygiene in the food room Reasons for safety and hygiene rules Principles of nutrition and health Applying Eatwell Guide Importance of healthy eating Functions of fat Risks of saturated fat Healthier food swaps Knife skills recap Hob safety recap Recipe adaptation Sauce consistency Role of sugar Health risks Healthier swaps Oven safety recap Rubbing-in method (re-cap) Role of fibre Healthier swaps Time management Healthy eating guidelines Benefits of balanced diet 	Discussion on hazards Create hygiene and safety rules Identification of Hazards in Messy Kitchen picture True/False quiz Complete Eatwell Guide worksheet HW: Analyse own diet Starter questions Design magazine front cover & editor's letter Recipe adaptation task Observe teacher demo Practical cooking HW: Evaluate using star profile Starter questions Observe teacher demo HW: Evaluate practical Observe teacher demo Practical cooking Observe teacher demo Practical cooking End-of-unit assessment and evaluation	Explore cultural practices around food hygiene within the food industry Exposure to similar Healthy Eating guides which are produced in other countries Links to careers in food industry and science Health concerns Cultural link to Italian cuisine Geography link: sugar production and seasonal fruits Science link: plant cell diagrams – cellulose cell wall - fibre Cultural link: Italian pasta varieties Suggest improvements for future projects

Repeated on a carousel with 4 different groups.				