

# Y8 ROADMAP – FOOD PREPARATION & NUTRITION

**Subject Aim:** Year 8 develops your knowledge and understanding of diet and nutrition, for yourself and also other groups of people. You will learn about food science, and the properties of different ingredients. You will learn how to a make a range of more complex dishes using multiple processes and methods.

TERM 1	<p><b>What is nutrition?</b></p> <p>The components found in your food are called nutrients. The food you eat should provide you with the nutrients you need to stay healthy. This unit introduces you to macronutrients and micronutrients. You will learn the sources of these and their functions in the diet. You will learn how to cook different dishes which contain these important nutrients.</p>
TERM 2	<p><b>What are the nutritional needs of different groups of people?</b></p> <p>Everyone has their own nutritional needs, which depend on a range of factors such as gender, energy balance and age. In this unit you will learn about how to plan and prepare meals for different groups of people. You will learn how to use computer software to create nutritional labels for the dishes you produce.</p>
TERM 3	<p><b>How is flour turned into bread?</b></p> <p>Bread is an everyday food item in many households, but how is it made? In this unit you will learn how wheat grown in the fields is processed to become a loaf of bread. You will learn about the science behind bread making, as well as learn how to make different breads from around the world.</p>
TERM 4	<p><b>Why do people not eat meat?</b></p> <p>The latest figures show there are just over 3 million vegetarian and vegans in the UK. In this unit we will explore the reasons for people being vegetarian, as well as the differences between being vegetarian and vegan. You will learn how to make a range of vegetarian dishes as well as understanding the environmental issues.</p>
TERM 5	<p><b>What are the functions of ingredients in a cake?</b></p> <p>Cakes are made from relatively simple ingredients, but they each play an important role in creating a tasty treat. In this food investigation you will explore what happens when you alter the ingredients in a cake and how this affects their sensory qualities.</p>
TERM 6	<p><b>Why are cakes part of celebrations?</b></p> <p>Cakes are a common feature of many celebrations. In this unit you will learn a range of decoration techniques including piping, icing and hand building. You will design and make your own celebration cake.</p>



## ASSESSMENT

- In Food preparation and nutrition you will be assessed on 4 main areas; knowledge, food science, evaluation and your practical cooking skills.
- Preparing a range of dishes is a large part of the subject and you will be assessed on how you are able to plan and organise yourself when cooking, as well how you can use a range of equipment.
- During your lessons your teachers will assess your knowledge and understanding in a range of ways including retrieval tasks and '5 a day' quizzes..
- For each unit you will have an assessment which covers the key knowledge within each project as well as some longer questions where you can apply your understanding.



## INDEPENDENT LEARNING

- Knowledge Organisers are expected to be used weekly to support the learning and recap of key vocabulary as the course progresses.
- You will be expected to bring in your ingredients for all planned food practical lessons.
- There will be various independent learning challenges set each half-term which will allow you to develop your subject specialist skills as well as knowledge and understanding.



## ENRICHMENT

**What Next?** By the end of year 8 you will have a really good understanding of food, preparation and nutrition. In year 9 you will use this to develop your skills in research and planning to have greater independence within your work.