

Medium Term Plan

Key Stage 3

Year 8 – Diet and health

Time: 10 hours

Introduction

This scheme of work has been developed to enable pupils to develop and demonstrate a range of food skills, increasing in complexity and accuracy, to cook a range of dishes, safely and hygienically, and to apply their knowledge of nutrition and food provenance. In addition, they will consider the factors that affect food choice, food availability and food waste.

Aims

- Pupils will deepen their knowledge and understanding of food and nutrition.
- Pupils will deepen their knowledge food provenance.
- Pupils will further develop their food skills and techniques.
- Pupils will further develop and demonstrate the principles of food hygiene and safety.
- Pupils will deepen and apply their knowledge of consumer food and drink choice.
- Pupils will develop the creative, technical and practical expertise needed to perform everyday tasks confidently.
- Pupils will build and apply a repertoire of knowledge, understanding and skills in order to create and make recipes and dishes for a wide range of people.
- Pupils will evaluate and test their ideas and the work of others.

Learning outcomes overview

Through this scheme of work, pupils will:

- recall and apply the principles of *The Eatwell guide* and the 8 tips for healthy eating;
- explain energy and how needs change through life;
- name the key nutrients, sources and functions;
- adapt and follow recipes using a variety of ingredients and equipment to prepare and cook a range of more complex dishes;
- develop and demonstrate a wider range of food skills and techniques;
- develop and demonstrate the principles of food hygiene and safety in a range of situations;
- explain the factors that affect food and drink choice;
- demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making;
- develop and apply their knowledge and understanding of food science;
- apply and consolidate their literacy and numeracy skills by using them purposefully in real-life scenarios;
- track their progress using the [My learning journey booklet](#) (food skills, cooking, nutrition, food provenance, ingredients, and creativity).

Prior learning

Pupils will build on their learning in Year 7: knowledge and skills include:

- describing and applying *The Eatwell Guide* and the 8 tips for healthy eating;
- explaining energy and energy balance, key nutrients, their sources and functions;
- using and adapting recipes;
- using appropriate ingredients and equipment to prepare and cook a range of dishes;
- acquiring and demonstrating a range of food skills and techniques;
- acquiring and demonstrating the principles of food hygiene and safety;
- acquiring and demonstrating a knowledge of the source, seasonality and characteristics of a range of ingredients;
- acquiring and demonstrating the knowledge, understanding and skills needed to engage in an iterative process of planning and making.

Teaching and learning overview

Lesson	Learning objectives	Food Practical Recipes
1	<p>To recall the principles of <i>The Eatwell Guide</i> and relate it to their own diet.</p> <p>To list and explain the main nutrients provided by a healthy diet.</p> <p>To explain the importance of hydration.</p>	
2	<p>To name the key micronutrients and state why they are needed in the diet.</p> <p>To explain the sources, types and functions of vitamins A, D, B-group (Thiamin, Riboflavin and Niacin) and C.</p> <p>To explain the sources, types and functions of calcium, iron and sodium.</p> <p>To explain the process of gelatinisation in sauce making.</p>	
3	<p>To develop and demonstrate knife skills, using the hob (boiling and simmering), the all-in-one sauce method, and using the grill to prepare and cook tuna pasta bake (or vegetarian alternative).</p> <p>To develop and demonstrate the principles of food hygiene and safety, focusing on using knives, the hob, draining boiling water and the grill.</p> <p>To calculate the nutritional profile and compare the effect of using alternative ingredients.</p>	<p>Pasta Bake - https://www.foodafactoflife.org.uk/recipes/cereals/tuna-pasta-bake/</p>
4	<p>To identify and explain the factors that affect individual food choice.</p> <p>To investigate the dietary needs of young people</p> <p>To summarise the actions in the school food standards related to school lunches.</p> <p>To consider ways recipes can be modified to meet the nutritional needs of young people.</p>	
5	<p>To develop and demonstrate knife skills, using the hob (frying, boiling and simmering) to prepare and cook chilli con carne (or vegetarian alternative).</p> <p>To develop and demonstrate the principles of food hygiene and safety, focusing on handling and cooking raw meat, using knives, the kettle (boiling water) and the hob.</p>	<p>Chilli - https://www.foodafactoflife.org.uk/recipes/meat/new-meat-recipes/chilli-con-carne/</p>
6	<p>To describe the functions of ingredients used in bread making.</p> <p>To identify varieties of bread and bread products available to the consumer.</p> <p>To explain the sources, types and functions of carbohydrate (including fibre).</p> <p>To describe the dietary recommendations for carbohydrate (including fibre) and how it relates to their diet.</p>	
7	<p>To develop and demonstrate knife skills, forming, kneading and shaping yeast dough, and using the oven (baking) to prepare and cook pizza wheels.</p> <p>To develop and demonstrate the principles of food hygiene and safety, focusing on handling a dough, using knives and the oven.</p> <p>To modify a recipe to create a healthier option.</p>	<p>Bread - https://www.foodafactoflife.org.uk/recipes/3-5-years/brilliant-bread/</p>

8	<p>To plan and create a recipe for a healthier main meal to be served in a leisure venue.</p> <p>To investigate the availability, benefits and drawbacks of locally or regionally sourced food/dishes and/or ingredients.</p>	
9	<p>To consolidate and demonstrate knife skills, mixing, using the hob (frying), and assembling to prepare and cook fajitas (or vegetarian alternative).</p> <p>To consolidate and demonstrate the principles of food hygiene and safety, focusing on handling raw chicken, using knives and the hob.</p> <p>To demonstrate the use of a marinade to enhance the flavour of a dish.</p> <p>To explore the considerations necessary for preparing and serving their dish in a leisure venue.</p>	<p>Fajitas</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-l2c/chicken-fajitas/</p>
10	<p>Plenary</p> <p>To appraise and evaluate their learning journey.</p> <p>To evaluate their practical cooking experiences.</p>	