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| Year 8 – Food and Nutrition |  | | | | | |
| **Enquiry Question: What do consumers want in relation to fast food?** | | | | | | |
| **Unit title: Food on the move!**  Students will acquire knowledge about food habits and how they can affect food choices and develop culinary skills to successfully plan, prepare and cook healthy takeaways. | | | | | | |
| **Knowledge**  Students will know about… | **Application/Skills**  Students will be able to… | Vocabulary  *(Tier 2 and 3)* | Home Learning | Assessment | Extra Resources  Extended Reading | Cultural Capital |
| Food hygiene and safety in different contexts domestic and food businesses - ‘scores on the doors’ food hygiene ratings  Diet and health – Eatwell guide and healthy eating tips  Nutritional needs of different groups  Exploring food habits and food choices  Function and properties of ingredients  Fast food/ takeaways – evaluation nutrition, cost, packaging, marketing    Accuracy in Weighing and measuring and following recipes    Food provenance - food availability, sustainability  Food preparation and cooking techniques | Design and plan an interesting, tasty and healthy takeaway food product  Explain’ food habits and how they can affect food choices  Describe the advantages and disadvantages of takeaways and fast food for consumers  Prepare and cook good quality healthy food products using safe food practices and cooking techniques.  Use sensory and nutritional evaluation to modify and evaluate their food products and the food products of others. | Nutrient  Café culture  Evaluate  contamination  modify  consumers  Food habits  Culinary  Savoury  Palatability  Al Dente  Aesthetic | Food research  Recipe planning  Design work  Practical evaluations  Choosing and planning ingredients | Class discussions about the topic.  Food workbook  Self and Peer assessment.  Written evaluations  Short recall tests  Culinary skills assessment  End of unit assessment | Eatwell Guide/ healthy eating:  <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>  <https://www.nhs.uk/change4life>  Culinary expertise:  [www.bbcgoodfood.com](http://www.bbcgoodfood.com)  <https://www.bbcgoodfood.com/feature/videos>  Takeaways:  <https://www.bbc.co.uk/food/collections/healthy_takeaway>  <https://www.bbc.co.uk/food/articles/truth_about_takeaways> | Spitalfields food market <https://www.spitalfields.co.uk/>  Victoria Park Farmers market [victoriaparkmarket.com/](https://d.docs.live.net/14ce8f05e77a7e35/FoodTechResources/Curriculum%20overviews/Website/victoriaparkmarket.com/) |