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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 ResourcesExtended Reading | Cultural Capital |
| Food hygiene and safety in different contexts domestic and food businesses - ‘scores on the doors’ food hygiene ratingsDiet and health – Eatwell guide and healthy eating tipsNutritional needs of different groupsExploring food habits and food choicesFunction and properties of ingredientsFast food/ takeaways – evaluation nutrition, cost, packaging, marketing Accuracy in Weighing and measuring and following recipes  Food provenance - food availability, sustainabilityFood preparation and cooking techniques | Design and plan an interesting, tasty and healthy takeaway food product Explain’ food habits and how they can affect food choicesDescribe the advantages and disadvantages of takeaways and fast food for consumersPrepare 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.  | NutrientCafé cultureEvaluatecontaminationmodifyconsumersFood habitsCulinarySavouryPalatability Al DenteAesthetic | Food research Recipe planningDesign workPractical evaluations Choosing and planning ingredients  | Class discussions about the topic.Food workbook Self and Peer assessment. Written evaluationsShort recall testsCulinary skills assessmentEnd 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/) |