

Holy Family Catholic School – Faculty of Mathematics

Subject –Food preparation and nutrition

Autumn Half-Term 1

Year 8

Learning Intention	Vocab	Concept	Retrieval	Success Criteria	Red Zone
Week 1 Understanding food choices and seasonality	Food miles, seasonality, fairtrade, choices, environment	Food provenance and seasonality	Seasons, food growing, fairtrade	<ul style="list-style-type: none"> I can describe the journey our food takes. I can explain the term 'food miles'. I can describe the factors that can affect food choice (seasonality, fairtrade). 	Complete the worksheet on seasonality.
Week 2 Understanding The Eatwell guide and obesity	Eatwell guide, hydration, obesity, Composite/ combination food	Food nutrition and obesity	Diet, nutrition, healthy eating, obesity	<ul style="list-style-type: none"> I can describe the benefits of following the Eatwell Guide. I can explain the government guidelines for healthy eating. I can describe the consequences of not following the Eatwell Guide. 	Complete the worksheet regarding the Eatwell guide and obesity.
Week 3 Demonstrating practical skills	Time management, recipe, utensils, safety, tidying, fruit salad	Implementing practical skills	Recipe, utensils, safety, tidying, bridge and claw	<p>I can demonstrate the safe use of a knife.</p> <p>I can demonstrate the use of a hand-held blender.</p> <p>I can follow the recipe and method for pasta salad.</p>	Safely demonstrate all the practical skills you have learnt at this stage, complete the dish and then efficiently clean and tidy your work area.
Week 4 Understanding provenance and the effect of food packaging on the environment	Provenance, packaging, environment, food certification and assurance	Food provenance and packaging	Provenance, packaging, environment, processing	<ul style="list-style-type: none"> I can explain the term 'food provenance'. I can describe the impact of packaging and food on the environment. 	Complete the worksheet on food provenance.

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				<ul style="list-style-type: none"> I can describe how transportation of food affects quality and the environment. 	
Week 5 Demonstrating practical skills	Time management, recipe, utensils, safety, tidying	Implementing practical skills	Recipe, utensils, safety, tidying	<ul style="list-style-type: none"> I can demonstrate the two cutting techniques of the bridge and claw. I can demonstrate the use of the grill as a heat transfer method. I can follow the recipe and method for the making of a Spanish omelette. 	Safely demonstrate all the practical skills you have learnt at this stage and efficiently clean and tidy your work area.
Week 6 Understanding heat transfer	Conduction Convection Heat transfer Radiation	Heating food	Heat, conduction, boiling, grilling	<ul style="list-style-type: none"> I can identify, understand and explain the different methods of heat transfer. I can review the previous learning on the 'Danger zone' and apply this knowledge to the different methods of heat transfer. 	Complete the worksheet on heat transfer.
Week 7 Demonstrating practical skills	Time management, recipe, utensils, safety, tidying	Implementing practical skills	Recipe, utensils, safety, tidying	<ul style="list-style-type: none"> I can demonstrate the safe use of a knife. I can demonstrate the use of the hob (convection and conduction) as methods of heat transfer. 	Safely demonstrate all the practical skills you have learnt at this stage and efficiently clean and tidy your work area.

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				<ul style="list-style-type: none"> I can demonstrate the safe use of boiling as a method of heat transfer. 	
Week 8 Understanding the role of protein in the diet	Vegans, vegetarians, amino acids, protein complementation.	The role of protein in the diet	Essential amino acids, macronutrients Protein complementation	<ul style="list-style-type: none"> I can explain the sources and functions of protein in the diet. I can explain why the body needs protein as a macronutrient. I can describe how much protein is needed in the diet. 	Complete the worksheet on protein in the diet.