

Subject: Food and Nutrition

Year 7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
What students are learning	Health and safety Eatwell Guide	Carbohydrates Fats and Sugars	Dairy Protein	Breakfast Hydration	Food Choices	Product design and cooking
Key Content and Skills	Health and safety in the kitchen - noticing the dangers and what to do in case of an emergency Understanding why we need to learn about all the key components in the eatwell guide		Starting to use other parts of the kitchen to create the recipes Understanding why we need to learn about all the key components in the eatwell guide	Understanding the importance of hydration and breakfast and the significant impact it has on wellbeing.	Understanding and applying positive food choices in our lives. How the media plays a part in our food choice. Designing our own product.	
Assessment	Practical assessment	Practical assessment	Practical assessment	Practical assessment	Practical assessment	Practical assessment

How can students prepare	Students should: Practise practical skills such as: Washing and cleaning up Cutting techniques	Students should: Practise practical skills such as: Washing and cleaning up Cutting techniques	Students should: Practise practical skills such as: Washing and cleaning up Cutting techniques	
beyond the classroom?	Using the hob and oven at home	 Using the hob and oven at home Using external devices like blenders 	 Using the hob and oven at home Choosing what meals you want to eat at home 	

Year 8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
What students are learning	Health and safety recap Nutritional analysis Healthy Eating 8 tips to a better diet		Food miles and where our food comes from Food and science Energy balance		Micronutrients and vitamins Build a menu challenge	
Key Content and Skills	How can we assess someone's diet? Gaining knowledge of the dangers of unhealthy eating and implementing strategies to help.		Understanding the economical impact of where food comes from. How food works for us in the body, what is the impact of eating the right or wrong foods.		Understanding the importance of micronutrients Beginning to plan and implement your own menu	
Assessment	Practical assessment	Practical assessment	Practical assessment	Practical assessment	Practical assessment	Practical assessment

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- Washing and cleaning up
- Cutting techniques
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