



## Food year 8 Curriculum and Assessment Map

Making healthy choices	HT1	HT2	HT3	HT4	HT5	HT6
<b>Year 8</b>	<b>Food safety</b>	<b>Food commodities</b>	<b>Food commodities</b>	<b>Nutrition</b>	<b>Cooking methods</b>	<b>Healthy living</b>
<b>Fundamental Knowledge</b>	Bacterial growth and reduction Food poisoning and prevention Risk assessments	Cereals- primary and secondary processing Fruit and vegetables – type, uses in cooking,	Milk and dairy – milk, cheese, and yoghurt  Meat and poultry including fish. – where they come from, how they are reared, nutritional composition and uses in cooking	Dietary needs of different groups – vegetarian, vegan, coeliac, lactose intolerance, religion, and allergies.  Energy – requirements and energy balance	Equipment – uses and safety Dough – bread and pastry Sauce making – Coulis, bechamel Gelatinisation and setting mixtures	Adapting meals for special dietary needs – vegetarian, vegan, coeliac.
<b>Learning Checkpoint Tasks</b>	Case study – food poisoning	Evaluation of practical using food commodities	Understanding commodities	Adapting meals/recipes	Practical checkpoint – analysis of skills	Case study – adapting meals with modifications
<b>Common Assessment Task</b>	Trust Assessment paper 1 / practical assessment 40 marks TA2 TGSA paper and practical assessment – 40 marks					
<b>Mock Exam (if applicable)</b>	n/a					
<b>Interleaved Knowledge</b>	This will build on the learning from year 7 with the foundation knowledge of nutrients and sources then being linked to food commodities and food groups found within the Eatwell guide, also linking knowledge of nutrients to dietary needs					

