



Year 8 Food Learning Journey

HT4 Nutrition

Core knowledge	Reference number
Can I identify a range of special dietary needs and what they can and cannot eat?	
FPT breakfast muffins aimed at young children	
How will being a vegetarian or vegan affect food choice?	
FPT Vegan brownies – practical checkpoint	
What is energy balance and what advice can we provide?	
FPT low calorie nut free granola bars	
Learning checkpoint	
WCF and Dirt time	

Learning Checkpoints

LC Title
Practical checkpoint

Key Vocabulary
Nutrients, balanced, macronutrients, micronutrients, saturated, unsaturated, diabetes, digestion, vegetarian, vegan, coeliac, lactose intolerant, absorption, basal metabolic rate.