

Temperance Term

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8		
Topic	Nutrition for life: Healthy diet Carbohydrates and energy									HALF TERM
Challenge Objective and Content (for all learners)	Topic: Carbohydrates, Gluten and budding 1. Baseline assessment - Recap of last year and expectations CQ: How does bread rise? Function of ingredients in bread- Gluten formation, yeast and budding, Carbon dioxide production 2. FPT - Focaccia 1 Bread dough – Frozen to be made into focaccia next lesson	Topic: Carbohydrates, Gluten and budding 1. CQ: What are carbohydrates? Energy and starch 2. Focaccia 2 – practical decoration - Proving and baking	Topic: Pastry 1. CQ: What is shortening? Fat and flour, gluten formation in pastry 2. FPT Portuguese custard tarts 1 - Pastry Frozen to be made into tarts next lesson			Topic: Coagulation 1. CQ: What is coagulation? How mixtures set- eggs 2. FPT Portuguese custard tarts 2 – Custard and baking				
Inspire Opportunities	IQ: Is it important to include bread within your diet?	IQ: How do gluten and starch in carbohydrates affect texture?	IQ: Can using different fats affect texture?			IQ: What temperature is required for coagulation? Why?				
Assessment Opportunities	Baseline Test (start of year 8) to test prior knowledge of Food & Nutrition. Practical baseline – Teacher assessed.	PA: Peer assessment of food safety. Teacher VF/ Responding to Feedback. Self-Assessment (SA) of practical	PA: Peer assessment of topic. Teacher VF/ Responding to Feedback. Self-Assessment (SA) of practical			Self-evaluation of practical learning, with teacher written feedback.				

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	CHRI STM AS
Topic	Nutrition for life: Healthy diet Carbohydrates and energy						

Challenge Objective and Content (for all learners)	<p>1. CQ: What is the Eatwell Guide?</p> <p>Recap of a healthy diet, energy needs and that some people have special dietary needs</p> <p>2. FPT Muffins</p> <p>CQ: How can dishes be adapted to meet the Eatwell guide?</p> <p>Adapt a simple muffin recipe</p>	<p>1. CQ: What are carbohydrates?</p> <p>How carbohydrates give us energy</p> <p>sugary and starchy</p> <p>2.FPT Super noodles</p>	<p>1. CQ: Is cake ever healthy?</p> <p>Fat in our diet, and methods we can use to reduce saturated fat intake.</p> <p>2. FPT Swiss roll</p>	
	<p>Inspire Opportunities</p> <p>IQ: How can a recipe be adapted for someone with dietary needs?</p>	<p>IQ: How can starchy dishes be adapted to be healthier?</p>	<p>IQ: Are sugar and fat both bad for our health?</p>	
	<p>Assessment Opportunities</p> <p>Self-evaluation of practical against recipe guidance</p>	<p>PA: Peer assessment of topic. Teacher VF/ Responding to Feedback. Self-Assessment (SA) of practical</p>	<p>Teacher Assessment (TA) Summative assessment of End of term Quiz</p>	

Justice Term

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	HALF TERM
Topic	Food science, Food waste and cross contamination Chemical and biological raising agents						
Challenge Objective and Content (for all learners)	1. CQ: What is cross contamination? HACCP- Preventing cross contamination of food, especially high risk – protein foods. 2. FPT: Kebabs	1. How can food waste be reduced? What is food waste and what impact does it have on our environment? 2. FPT: Savoury rice			1. How do cakes rise? Chemical, physical, and biological raising agents- recap yeast 2. FPT: Mini fruit Cakes		
Inspire Opportunities	IQ: What are the responsibilities of a chef to prevent food poisoning?	IQ: What is food poverty?			IQ: What factors prevent a cake rising?		
Assessment Opportunities	PA: Peer assessment of topic. Teacher VF/ Responding to Feedback . Self-Assessment (SA) of practical.		Self-evaluation of practical against recipe guidance		TA- Knowledge quiz.		

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	EASTER
Topic	Food science, Food waste and cross contamination Chemical and biological raising agents						
Challenge Objective and Content (for all learners)	1. CQ: What is lamination? Aeration and lamination to develop texture in a food product. 2. FPT: Cheese twists/ apple tarts - Puff pastry	1. CQ: How can burgers be better for you and the environment? HBV and LBV protein. Protein complementation. 2. FPT: Burgers			3. CQ: How does yeast make bread rise? Gluten formation and bread structure, how bread rises. Factors that improve budding rate. 4. FPT: Hot cross buns		
Inspire Opportunities	IQ: What other methods of aeration are effective?	IQ: How can the cattle farming industry be more environmentally friendly?			IQ: Name other food which are associated with religious events festivals?		

FPT- Focused practical task

Food and Nutrition Learning Journey Year 8

Assessment Opportunities	Self-evaluation of practical against recipe guidance	PA: Peer assessment of topic. Teacher VF/ Responding to Feedback . Self-Assessment (SA) of practical.	Teacher Assessment (TA) Summative assessment of End of term Quiz	
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Courage Term

	Week 1	Week 2	Week 3	Week 4	Week 5	HALF TERM
Topic	Cultural food and diet around the world					
Challenge Objective and Content (for all learners)	1. CQ: What factors affect food choice? Exploring and understanding factors that affect food choice. Identify and explain the features of French cuisine. 2. FPT: Clafoutis		1. CQ: What is cultural food? British and International cuisine. Exploring foods from around the world. 2. FPT: Chicken Korma		Assessment- Mid-term Exam	
Inspire Opportunities	IQ: How can you adapt a recipe for seasonality?		IQ: What other factors may affect food choice?			
Assessment Opportunities	SA Self assessment of topic. Teacher VF/ Responding to Feedback . Self-Assessment (SA) of practical.		PA: Peer assessment of topic. Teacher VF/ Responding to Feedback . Self-Assessment (SA) of practical.		Teacher Assessment (TA) Summative assessment of Mid-term Quiz	

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	SUMMER
Topic	Cultural food Food and diet around the world Thai curry, Chilli, Samosas						
Challenge Objective and Content (for all learners)	2. CQ: What is cultural food? Exploring foods from around the world. Cultural, moral and religious food choices. Identify and explain the features of Chinese and Indian cuisine. 2. FPT: Samosas/ spring rolls		3. CQ: What is cultural food? Exploring foods from around the world. Cultural, moral and religious food choices cont. Identify and explain the features of Mexican cuisine. 2. FPT: Chilli nachos		1. End of term assessment and feedback		

FPT- Focused practical task

Food and Nutrition Learning Journey Year 8

Inspire Opportunities	IQ: How does climate affect food around the world?	IQ: What dishes are associated with celebration around the world?		
Assessment Opportunities	SA Self assessment of topic. Teacher VF/ Responding to Feedback . Self-Assessment (SA) of practical.	PA: Peer assessment of topic. Teacher VF/ Responding to Feedback . Self-Assessment (SA) of practical.	Teacher Assessment (TA) Summative assessment of End of term Quiz	