

Food Technology Curriculum Map: Year 8

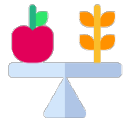


Students in year 8 split the academic year between Design Technology and Food Technology

EATING A BALANCED DIET: THE EATWELL PLATE

Introduction to the Eatwell Plate

- Recap health, safety and hygiene in the Food Technology room
- Understand the basics of a balanced diet – Eatwell Plate
- Identify different foods



MACRO NUTRIENTS



Functions of Nutrients

- Understand the function of protein in the diet
- Identify foods which contain animal and plant proteins

Use of meat proteins and meat alternatives

- Prepare a chilli con carne and sweet and sour chicken
- Cook with meat and meat alternatives
- Cook meat safely to avoid cross contamination
- Evaluate outcomes

Cooking with fish



- Understand the function of carbohydrates in the diet
- Identify two types of carbohydrates: sugars and starch
- Recognise foods containing starchy carbohydrates
- Prepare a pasta bake

EAT LESS SUGAR AND FAT



Vitamin C and Iron

MICRO NUTRIENTS

- Understand the importance of eating foods rich in Vitamin C and Iron
- Prepare dishes high in iron and Vitamin C



Calcium and Vitamin D

- Know the importance of Calcium and Vitamin D for strong bones and teeth
- Recognise foods containing them

FT Cross-Curricular Project with Design Technology

- Pupils generate recipe ideas and taste test from market research
- Designing, branding, logos packaging and marketing materials
- Final production prepared and sold at a school food stall using promotional displays
- Focus on sensory learning, communication, teamwork and real-world application across both subjects



Eat more Fibre



- Understand the importance of eating a high fibre diet
- Know which foods are high in fibre
- Cook a range of dishes high in fibre

EATING A HIGH FIBRE DIET



Starchy Carbohydrates



SUMMATIVE ASSESSMENT

Design and make activity

- Design your own mini quiche
- Revise the rubbing in method to make shortcrust pastry



- Year 8 written and practical assessments

