

	Term 1: Sept –Dec Content	Term 2: Jan-April Content	Term 3: April - July Content	Desired end of year outcomes
Year 8	<p>Study of the 5 main nutrients and their function in the diet</p> <p>Healthy Eating and diet related illness</p> <p>Macro Nutrients – Proteins, Fats and Carbohydrates (Starch and Sugars)</p> <p>Dietary goals and government guidelines</p> <p>Dietary Fibre, sources and function in the body.</p> <p>The importance of drinking water and function in the body</p> <p>Develop weighing and measuring skills</p> <p>Development of health and safety awareness.</p> <p>Meat types and nutritional value</p> <p>Meat alternatives and special dietary needs</p> <p>Fish types and nutritional value</p> <p>Self/Peer evaluation</p>	<p>Micro Nutrients – Vitamins and Minerals and diet related disorders</p> <p>Dishes cooked to incorporate Calcium and Vitamin D and Iron and Vitamin C</p> <p>Emphasis on healthy eating and use of flavourings such as herbs and spices in place of salt.</p> <p>Short design and make task</p> <p>Self/Peer evaluation</p> <p>Please note this course is a half year course and groups will swap to Design Technology for the second half year. Some groups will start the year with Design Technology and transfer to Food technology at half term.</p>	See note term 2	<p>Students will develop their knowledge of healthy eating and the 5 main nutrients.</p> <p>They will understand the dietary goals and foods to avoid and increase to achieve a healthy balanced diet.</p> <p>Students will know which foods are good sources of fibre and why fibre is important in the diet.</p> <p>Students will learn to develop recipes and experiment with flavours and textures.</p> <p>Students will continue to develop basic practical skills and awareness of hygiene and safety.</p> <p>Students will develop their independence and ability to follow instructions and steps in a recipe.</p>
				Key Contact Name & Email

Assessment	<p>Assessment of independent working on practical tasks and ability to follow instructions.</p> <p>Assessment on safety and hygiene practices.</p> <p>Regular checks of folder work and verbal feedback given.</p> <p>Photographic evidence of practical work to assess progress</p> <p>Self and peer assessment</p>	<p>Regular checks of folder work and verbal feedback given.</p> <p>Photographic evidence of practical work to assess progress</p> <p>Self and peer assessment</p> <p>End of year assessment to assess knowledge of practical and theory work covered throughout the course.</p>		<p>Mrs C Martin</p> <p>cmartin@glebe.bromley.sch.uk</p>
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