

	<b>Term 1: Sept –Dec Content</b>	<b>Term 2: Jan-April Content</b>	<b>Term 3: April - July Content</b>	<b>Desired end of year outcomes</b>
<b>Year 8</b>	<p>Healthy Eating and diet related illness  Dietary goals  Balanced diet  Development of nutrition awareness  Fruit and vegetables  Fibre sources and function in the body.  Range of healthy practical dishes  Develop weighing and measuring skills  Development of health and safety awareness.  Meat types and nutritional value  Meat alternatives and special diets  Fish types and nutritional value  Self-evaluation</p>	<p>Developing a product – students make choices on a selection of ingredients to redesign a variety of dishes. Emphasis on healthy eating and use of flavourings such as herbs and spices in place of salt.</p> <p><b>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.</b></p>	<b>See note term 2</b>	<p>Students will develop their knowledge of healthy eating. They will understand the dietary goals and foods to avoid and increase.  Students will know which foods are good sources of fibre and why fibre is important in the diet.  Students will learn to develop recipes and experiment with flavours and textures.  Students will continue to develop basic skills and awareness of hygiene and safety.  Students will develop their independence and ability to follow instructions and steps in a recipe.</p>
<b>Assessment</b>	<p>Assessment of independent working on practical tasks and ability to follow instructions.  Assessment on safety and hygiene practices.  Regular checks of folder work and feedback given.</p>	<p>Practical task assessed  Written test to assess theory knowledge of all topics in the course.</p>		<b>Key Contact Name &amp; Email</b>
				<p>Mrs N Holmes  nholmes@glebe.bromley.sch.uk</p>