

High Tunstall College of Science Curriculum Intent

Subject: Food & Nutrition Year: 8 Autumn (COVID)



Topic: Food & Nutrition. Homemade meals

	Food and Nutrition	Progress		
Topic	Key ideas	R	A	G
Food commodities	I can describe how to achieve food safety and hygiene in the food kitchen and why routines are in place			
	I can explain what the macro and micro nutrients are, their functions within the body, and how they form part of a healthy and balanced diet.			
	I can demonstrate excellent and safe knife skills using the bridge and claw hold			
	I can describe and explain functions of ingredients used (why they are used and what they do)			

Lesson	Learning Focus	Assessment	Key Words
1	Can you explain what a macro and micro nutrient is and identify these within the Eatwell Guide?	ILO: 4 tasks available to complete (one per week) Practical product, photographs, Q&A	Nutrient, Macro and micro nutrient, function, food groups, healthy tips, healthy eating, Eatwell guide
2 & 3	Can you explain in detail the functions of specific nutrients in the body? Can you identify food sources of specific nutrients? Can you explain the effect on health of excess or deficiencies of the key nutrients?	Formative questioning, Green pen	Function, Macro and Micro nutrient, Food groups, Carbohydrate, Vitamins, Minerals. Protein, Fats, Saturated, Unsaturated, Dairy, excess, deficiency
4 & 5	Can you explain how to slice vegetables using the claw and bridge hold and know why we need to achieve accuracy? Can you demonstrate food hygiene and safety skills?	Formative questioning,	Hygiene, safety, bridge, claw, knife, baton, strips, crudité
6 & 7	Can you explain why food safety and hygiene is important? Can you explain the conditions bacteria need to survive and develop and how to reduce bacterial growth?	Formative Questioning Green pen	Hygiene, Safety, Hazard, Bacteria, Pathogen, Dormant, Temperature, Cross contamination
8	Can you demonstrate your knowledge and understanding of Nutrients and Food Hygiene?	Assessment and Feed-back	