YEAR 8 2021-2022 Autumn TERM

'An ambitious curriculum that meets the needs of all'

Medium Term Planning - Topic: Healthy eating and food safety

Curriculum Intent	**In addition to working further on objectives from Year 7, pupils will be taught, following National Curriculum guidelines, the following this term:**
Skills/National Curriculum Links	• develop existing food preparation skills to make a range of healthy eating dishes based on the dietary guidelines • know the dietary guidelines and their importance • consider own diet and changes that could be made to improve health • know how poor diet can affect health • understand the benefits of a healthy diet • know about diet related diseases and their causes • know the key principles of food safety • understand how bacteria reproduce • understand the consequences of poor hygiene • know the key temperatures for temperature control • know about the danger zone and how to keep food out of it • understand what cross contamination is and how to prevent it • be able to plan for practical activities Skills during practical work: • be able to safely handle meat/fish to avoid cross contamination • knife skills • use of electrical equipment • cooking pasta al dente • using the creaming method • shaping burgers • whisking • garnishing
Cross Curricular Links	**SMSC:** Consideration of peers and adults when working in a practical environment, helping and supporting others, listening and contributing in theory lessons. Consideration of those who may not be able to afford a healthy diet. **PSHE/British Values:** Personal health, wellbeing, safety and hygiene. **Skills Builder:** taking responsibility for own choices in diet, knowledge of healthy eating and the benefits, knowledge of the consequences of eating an unhealthy diet, being able to work safely, knowing how to avoid food poisoning, knowing about temperature control and the danger zone, knowing how to keep food safe in the home, weighing and measuring, use of electrical appliances, evaluation & suggesting improvements, creativity, solving problems, teamwork, supporting others
Numeracy	Weighing and measuring, use of dials on hobs and ovens, setting oven correctly, timing food products
Literacy	**Vocabulary Tier 2:** ingredients, equipment, health, diet, disease, hygiene, safety **Vocabulary Tier 3:** fat, sugars, sodium, fibre, water, osteoporosis, obesity, dental caries, high blood pressure, coronary heart disease, bacteria, danger zone, cross contamination, multiplication, storage Reading: Reading to find information from resource sheets **Writing:** Answering questions, writing evaluations and justifying practical choices **Oracy:** Answering questions, evaluating their dishes at the end of practical lessons
Becoming future ready	**Personal Skills:** Hygiene and safety awareness, food preparation skills, ability to plan a healthy diet, reflection on own diet, ability to adapt recipes to improve nutritional content **Careers/Employability:** Food preparation roles, advisor
Adaptation	Throughout this topic, quality first teaching will provide differentiation:

QFT/SEND Provision	**By product:** Outcome of dishes will vary according to ability **By resource:** Prompt sheets and word banks are available for support and stretch and chall activities and provided. **By Intervention:** by providing different levels of supervision and support, especially in pra work – some pupils may have TA support **By Progressive Questioning:** exploring pupils' understanding through interactive dialogue. **By Grouping:** according to prior attainment, gender, social preference, preferred learning style. **By Task:** Pupils should be involved in the identification of targets which are meaningful to them and in the selection of an appropriate task from the given range. Practical are chosen to build on previous tasks and extend the skills used. **By Offering Optional Activities:** In class or as homework, to extend learning. This QFT/SEND provision will be explicit within the lesson-by-lesson schemes of work.
Implementation Curriculum Delivery **Learning Outcomes (Core Knowledge)**	To be able to: • describe the sections of the Eatwell Guide and how this guides us in having a healthy diet • discuss the dietary guidelines and suggest how they can be achieved • describe why a healthy diet is important and the consequences of an unhealthy diet • explain the diet related diseases that can result from poor diet • identify key temperatures for food safety • describe how food should be stored, prepared and cooked for safety • explain the consequences of poor hygiene • use electrical equipment safely • use the hob and oven safely and accurately • handle raw meat/fish correctly to avoid cross contamination • judge whether food products are cooked Red denotes interleaving; aspects of knowledge covered previously.
Current learning to be developed in the future within:	Food safety will be taught/recapped in every unit that follows, discretely during planning and practical lessons. Healthy eating will be referred to frequently when discussing dishes to be made in practical sessions.
Assessment	Refer to assessment maps for formative and summative assessment opportunities.
Impact	Attainment and Progress – Refer to assessment results / data review documentation.