

## Topic Lists

Year 8      Food & Nutrition

Term 1	<p>We revisit hygiene and safety and looking further into bacteria growth.</p> <p>Students will begin to investigate, identify and apply macro and micro nutrients to recipe planning. Understanding will be developed of the importance of the control of sugar and fibre in our diets.</p> <p>Evaluation techniques will be developed.</p> <p>Food poisoning and prevention of cross contamination will be explored.</p> <p>Alternatives to meat will be considered and the moral issues that relate to different diets.</p>
	Practical work will support this including: Celebration biscuits, Pizza, Knife skills practical, pasta bake, Fajitas, Mac and Cheese, Flap Jacks
Term 2 (half)	<p>Students will complete a practical investigation encourage healthy eating through designing and making of a pasta dish suitable for a family.</p> <p>Students will take a deeper look into dietary requirements- looking at nutrients in more detail; Calcium and Vitamin D, Protein, Simple and Complex carbohydrates.</p> <p>We look into diets in developing countries, looking into deficiencies and health.</p>

*Please note that the order of delivery is continuously reviewed and may be altered if we feel that this would be appropriate; we aim to cover all of the topics listed above at some point in the academic year.*