



SUBJECT	Food	YEAR	8
<p><b>Why do we study Innovations - Food?</b></p> <p>The curriculum in this subject provides students with the knowledge to <b>think creatively</b> in order to solve problems to meet the needs of society and the wider world.</p>			
What you have learned before	What you will learn this year	Where you can read more	
The healthy eating guidelines.			
<p>Principles of nutrition and health.</p> <ul style="list-style-type: none"> <li>Healthy eating linked to the Eatwell Guide</li> </ul>	<p>Principles of nutrition and health.</p> <ul style="list-style-type: none"> <li>Healthy eating guidelines</li> <li>The effects of a poor diet</li> <li>Nutritional needs of different groups of people.</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.nhs.uk/eatwellguide">www.nhs.uk/eatwellguide</a></li> <li>Exploring Food and Nutrition for key stage 3 -Yvonne Mackey, Bev Saunder</li> <li>OCR GCSE Food preparation and nutrition -my revision notes</li> </ul>	
<p>Cooking and food preparation including health, hygiene and safety.</p> <ul style="list-style-type: none"> <li>Hygiene and safety procedures to follow when cooking.</li> <li>The 4c's</li> </ul>	<p>Cooking and food preparation including health, hygiene and safety.</p> <ul style="list-style-type: none"> <li>Hygiene and safety procedures to follow when cooking</li> <li>Application of Hygiene and safety practises when planning practical work.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Food safety advice when handling foods - Food safety 2 - CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</a></li> <li>Food safety-The good practice guide level 2</li> <li>OCR GCSE Food preparation and nutrition -my revision notes</li> <li>Exploring Food and Nutrition for key stage 3 -Yvonne Mackey, Bev Saunder</li> </ul>	
<p>Skills, techniques and processes.</p> <ul style="list-style-type: none"> <li>Practical work that develops low/medium food practical skills.</li> <li>Knife skills</li> <li>Different cooking methods</li> </ul>	<p>Skills, techniques and processes.</p> <ul style="list-style-type: none"> <li>Using different tools and equipment to make quality dishes.</li> <li>Practical work that develops medium food practical skills</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.foodafactforlife.org">www.foodafactforlife.org</a> Knife skills Methods of cooking Recipes</li> <li>Reading cookery books and food magazines.</li> </ul>	
<p>Food provenance and food choice.</p> <ul style="list-style-type: none"> <li>Where our food comes from.</li> <li>Personal food choices.</li> <li>Allergens and intolerances.</li> </ul>	<p>Food provenance and food choice.</p> <ul style="list-style-type: none"> <li>Making informed food choices.</li> <li>Seasonality</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.foodafactforlife.org">www.foodafactforlife.org</a> seasonality</li> <li>Exploring Food and Nutrition for key stage 3 -Yvonne Mackey, Bev Saunder</li> <li>OCR GCSE Food preparation and nutrition -my revision notes <a href="https://www.food.gov.uk">https://www.food.gov.uk</a> &gt; safety-hygiene &gt; check-the-label</li> </ul>	