

**Year 8 DT – Food Curriculum explained**

The aim of our Food curriculum in year 8 is to build on the students knowledge of Healthy Eating and how to make sensible choices relating to the food they cook and eat. Students are taught about the 5 nutrients, their sources, functions and the effects of deficiency on the body. They will explore foods from around the world and cultural influences on diet. Knowledge of food hygiene and safety when preparing and cooking food is developed through practical application and an increased repertoire of recipes **will be cooked.**

**Students will be taught:**

1. What a Healthy Balanced diet is and how to make healthy choices.
2. What the Eat well Guide is and how to use it.to evaluate their own diets and make healthy changes.
3. How to make a range of recipes that develop basic skills which can be used in a range of other recipes.
4. Learn how to prepare and cook a range of foods from around the world.
5. About sustainable food production and environmental issues relating to food production.
6. Learn about safe and hygienic food preparation and use of equipment.
7. Develop skills of independent working, organisation and time management.
8. Learn the safe use of the hob and oven and understand how heat is transferred during cooking.
9. To enjoy adapting recipes to suit their own preferences and tastes.
10. How to weigh and measure ingredients accurately.
11. The relationship between food commodities and food science.

This curriculum builds on prior learning and practical skill development and enables the students to become confident and competent in meal planning to suit specific dietary needs. Students will develop their appreciation of culture and cuisine and will start to understand the relationship between food and the environment.