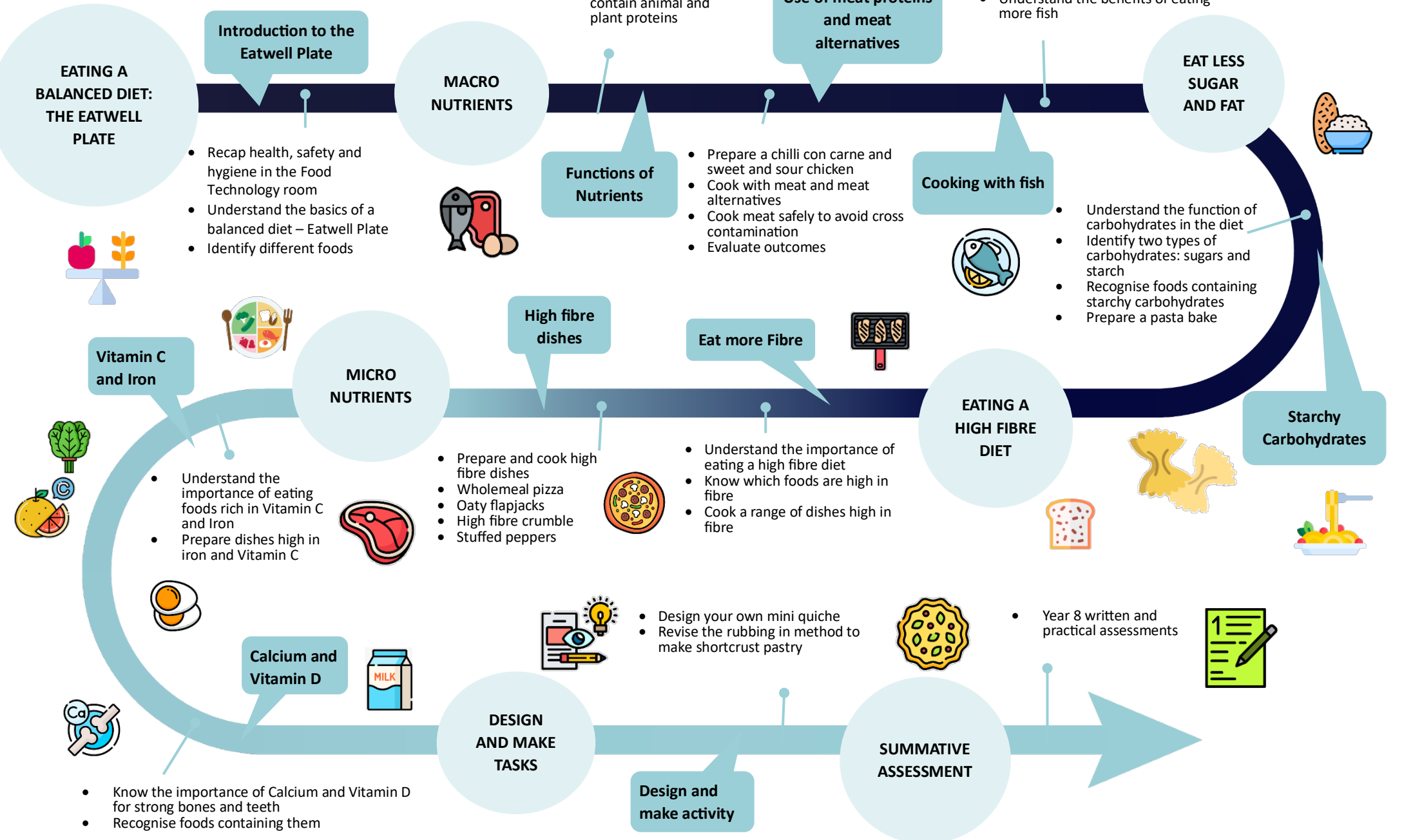


Food Technology Curriculum Map: Year 8

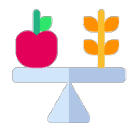
! Students in year 8 split the academic year between Design Technology and Food Technology



EATING A BALANCED DIET: THE EATWELL PLATE

Introduction to the Eatwell Plate

- Recap health, safety and hygiene in the Food Technology room
- Understand the basics of a balanced diet – Eatwell Plate
- Identify different foods



MACRO NUTRIENTS



- Understand the function of protein in the diet
- Identify foods which contain animal and plant proteins

Functions of Nutrients

- Prepare a chilli con carne and sweet and sour chicken
- Cook with meat and meat alternatives
- Cook meat safely to avoid cross contamination
- Evaluate outcomes

Use of meat proteins and meat alternatives

- Know different types of fish
- Be able to identify and name different types of fish
- Understand the benefits of eating more fish

Cooking with fish



- Understand the function of carbohydrates in the diet
- Identify two types of carbohydrates: sugars and starch
- Recognise foods containing starchy carbohydrates
- Prepare a pasta bake

EAT LESS SUGAR AND FAT



Starchy Carbohydrates



Vitamin C and Iron



- Understand the importance of eating foods rich in Vitamin C and Iron
- Prepare dishes high in iron and Vitamin C

MICRO NUTRIENTS



High fibre dishes

- Prepare and cook high fibre dishes
- Wholemeal pizza
- Oaty flapjacks
- High fibre crumble
- Stuffed peppers



Eat more Fibre

- Understand the importance of eating a high fibre diet
- Know which foods are high in fibre
- Cook a range of dishes high in fibre



EATING A HIGH FIBRE DIET



Calcium and Vitamin D



- Know the importance of Calcium and Vitamin D for strong bones and teeth
- Recognise foods containing them

DESIGN AND MAKE TASKS



- Design your own mini quiche
- Revise the rubbing in method to make shortcrust pastry

Design and make activity

SUMMATIVE ASSESSMENT



- Year 8 written and practical assessments

