

Diet and Good Health Topic: Eatwell and a Balanced Diet AT1		Duration: 7 lessons	Composite: Unit and test
Key vocabulary:	Core knowledge Components	Powerful knowledge components crucial to commit to long term memory	Links to previous and future topics
Hygiene Safety Disassembly Data analysis Star profile Nutrients Fat Carbohydrate Protein Vitamins and minerals Balance Source Function Excess Deficiency	<ul style="list-style-type: none"> Describe and apply the principles of food hygiene and safety when preparing and cooking ingredients and manage their implementation independently Identify the principles of the Eatwell Guide – making responsible diet choices Know the national 8 healthy eating tips.gov.uk Try supermarket ready meals and take them apart to see what they are made of and record your findings. <i>Disassembly and data analysis (using star profiles)</i> Producing meals that are healthy and balanced and rich in macronutrients: Fats, carbohydrates, and protein Producing predominantly a repertoire of healthy, well balanced meals to a budget. Knowing the food groups and what nutrients they are rich in. Why is homemade food healthier than a ready meal? What is a nutrient? What is the difference between a micronutrient and a macronutrient? <i>Pupils develop and demonstrate food preparation and cooking skills when making: frittata, chilli con carne, focaccia bread, bread-based pizza and vegetable/tomato soup.</i> 	<ul style="list-style-type: none"> Recall the food groups and their nutritional content represented on the Eatwell Guide Recall the 8 healthy eating tips – the 8 ways to eat better. Understand and define why the body needs nutrients (micro and macronutrients), and what foods these can be found in (Source and function, excess and deficiency) Understand how to safely, hygienically, and skilfully cook well proportioned, affordable balanced healthy meals. 	<p>Year 7 Fake away</p> <p>Year 7 Seasonality and food groups</p> <p>Year 8 summer term Diet related Health issues</p>

Year 8 Diet and Good Health Topic: Nutrition, Energy and Healthy Meal Options – more ‘Fakeaway’ options AT2		Duration: 7 lessons	Composite: unit and test
Key vocabulary:	Core knowledge Components	Powerful knowledge components crucial to commit to long term memory	Links to previous and future topics
<p>Cross contamination, the danger zone, salmonella, food poisoning, pathogenic bacteria, balance, forming, shaping, binding, fermentation, yeast, development, kneading, slicing, dicing,</p>	<ul style="list-style-type: none"> • Apply and routinely practice the principles of food hygiene and safety when preparing and cooking ingredients and manage their implementation independently • How does the Eatwell Guide help us make sensible food choices? • Name the nutrients and their functions provided by <i>The Eatwell Guide</i> food group and recognise that the amount of energy and nutrients provided by food depends on the portion eaten. • How do you stay safe when handling raw meat? • Why do we need energy? Describe how energy needs change through life stages. • What foods are the best sources of energy and why? • Define energy balance and describe the consequences of an imbalance. • <i>Pupils develop and demonstrate food preparation and cooking skills when making: chicken or vegetable curry (handling high risk foods), burgers (binding and pressing), bread based pizza (yeast), koftas (forming), spaghetti Bolognese (sauce reduction), a free choice practical to develop previously learnt skills.</i> 	<ul style="list-style-type: none"> • Revisit and recall the 8 healthy eating tip, the Eatwell guide and food groups nutritional content (Government incentive) • To make a variety of meals that are equally balanced and representative against the Eatwell Guide. • Name the nutrients and their functions • Measure and food sources of energy • Safe use of correct kitchen equipment and correct food storage • Understand how to safely, hygienically and skilfully cook well proportioned, balanced healthy meals within budgets. 	<p>Year 7 Fake away</p> <p>Year 7 Seasonality and food groups</p> <p>Year 8 AT1, SUM1 &2 Diet related Health issues</p>