

<b>Year 8 Diet and Good Health</b> <b>Topic: Pastry and Eggs as commodities (Commodity and Food Provenance)</b> <b>SPR1</b>		<b>Duration: 6 lessons</b>	<b>Composite: unit and test</b>
<b>Key vocabulary:</b>	<b>Core knowledge Components</b>	<b>Powerful knowledge components crucial to commit to long term memory</b>	<b>Links to previous and future topics</b>
Commodity, Provenance, shaping, binding, coagulation, Dextrinisation, food groups, sources, nutrients, Fibre, Vitamins and minerals, diverticular disease, constipation, Bowel cancer, soluble and insoluble fibre. NSP (non-starch polysaccharides)	<ul style="list-style-type: none"> <li>• Apply and routinely practice the principles of <b>food hygiene and safety</b> when preparing and cooking ingredients and manage their implementation independently</li> <li>• Can you define term <b>commodity</b> and the groups that this may involve?</li> <li>• What is <b>food provenance</b> ?</li> <li>• Adapt and follow recipes that involve the commodities: Flour, fat and eggs.</li> <li>• Why are <b>fat, carbohydrate and fibre</b> needed in the body?</li> <li>• Can you list food that contain <b>Vitamins A,D,B and C and the minerals calcium, iron and sodium?</b></li> <li>• To be able to adapt and follow recipes using a variety of these ingredients to prepare and cook a variety of complex dishes.</li> <li>• <b><i>Pupils develop and demonstrate food preparation and cooking skills when making: Jam tarts (shortcrust pastry), Fresh fruit flan, scotch eggs, pastry plait, Quiche, puff pastry palmiers and meringues.</i></b></li> </ul>	<ul style="list-style-type: none"> <li>• Carry out practical lessons that develop the skills: rubbing in, shaping, binding, piping, making a custard (setting and coagulating a mixture), binding and glazing, testing for readiness.</li> <li>• Define the term commodity and name these groups</li> <li>• Understand food provenance.</li> <li>• Why fibre is important in the diet and how it prevents bowel disease (types and sources of fibre)</li> </ul>	<b>Year 7 SPR1</b> Seasonality and food groups  <b>Year 8 AT1</b> Eatwell,  <b>Year 8 SUM1 &amp;2</b> Diet related Health issues and special diets – a vegan society

<b>Year 8 Diet and Good Health</b> <b>Topic: Special Diets and Alternatives – A Vegan Society</b> <b>SPR2 SUM1</b>		<b>Duration: 12 lessons</b>	<b>Composite: unit and test</b>
<b>Key vocabulary:</b>	<b>Core knowledge Components</b>	<b>Powerful knowledge components crucial to commit to long term memory</b>	<b>Links to previous and future topics</b>
Diet, Vegan, Vegetarian, Ethics, Kosher, Society, Lifestyle, Choice, Economy, Environment, Realism, Vlogs.	<ul style="list-style-type: none"> <li>• Apply and routinely practice the principles of <b>food hygiene and safety</b> when preparing and cooking ingredients and manage their implementation independently</li> <li>• To identify different <b>special diets</b>: Vegetarian, Kosher, Vegan, Halal and Gluten Free (coeliac)</li> <li>• To understand choices behind dietary decisions – why become a vegan?</li> <li>• To understand the difference between ethical, moral, social and cultural choices and reasons why diets are different throughout society.</li> <li>• Is Veganism better for the economy?</li> <li>• Is Veganism better for the environment and human health?</li> <li>• What is your personal perspective and why?</li> <li>• To be able to adapt and follow recipes using a variety of these ingredients to prepare and cook a variety of complex dishes.</li> <li>• <b><i>Pupils develop and demonstrate food preparation and cooking skills when making: Lentil Dhal, Lentil bake, Muesli bars, vegan vegetable and bean chilli, vegan bakes and savoury meals.</i></b></li> </ul>	<ul style="list-style-type: none"> <li>• Define the special diets: Kosher, vegetarianism, Vegan, Halal and Gluten free.</li> <li>• Understand LBV and HBV – low and high biological value proteins</li> <li>• The social, ethical, moral and social reasons behind dietary choices.</li> <li>• That dietary choices have long been debated and why.</li> <li>• Cooking with HBV (high biological value) – pulses, beans and lentils.</li> </ul>	<b>Year 7 SPR1</b> Seasonality and food groups  <b>Year 8 AT1 Eatwell,</b>  <b>Year 8 SUM1 &amp;2</b> Diet related Health issues and special diets – a vegan society