

Year 8 Diet and Good Health Topic: Special Diets and Alternatives – A Vegan Society SPR2 SUM1		Duration: 12 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
Diet, Vegan, Vegetarian, Ethics, Kosher, Society, Lifestyle, Choice, Economy, Environment, Realism, Vlogs.	<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 • To identify different special diets: Vegetarian, Kosher, Vegan, Halal and Gluten Free (coeliac) • To understand choices behind dietary decisions – why become a vegan? • To understand the difference between ethical, moral, social and cultural choices and reasons why diets are different throughout society. • Is Veganism better for the economy? • Is Veganism better for the environment and human health? • What is your personal perspective and why? • To be able to adapt and follow recipes using a variety of these ingredients to prepare and cook a variety of complex dishes. • <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> 	<ul style="list-style-type: none"> • Define the special diets: Kosher, vegetarianism, Vegan, Halal and Gluten free. • Understand LBV and HBV – low and high biological value proteins • The social, ethical, moral and social reasons behind dietary choices. • That dietary choices have long been debated and why. • Cooking with HBV (high biological value) – pulses, beans and lentils. 	Year 7 SPR1 Seasonality and food groups Year 8 AT1 Eatwell, Year 8 SUM1 &2 Diet related Health issues and special diets – a vegan society

Year 8 Diet and Good Health Topic: Diet Related Health Issues SUM2		Duration: 6 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
Diabetes, CHD (coronary heart disease), Hypertension, Obesity, Tooth decay, Dental Caries, CVD (cardio vascular disease), Anaemia, Rickets, Osteoporosis, insulin	<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 • Can you name 3 diet related health problems? • Understand that a poor diet contributes to poor health and certain diseases. • Understand who is at risk across all age groups. • Can certain diseases affect nutritional needs? • What type of lifestyles cause health problems? • Can diet related health problems be reversed? • To be able to adapt and follow recipes using a variety of low fat, sugar, salt and alternative ingredients to prepare and cook a variety of complex dishes. • <i>Pupils develop and demonstrate food preparation and cooking skills when making: Courgette /beetroot cake, fatless sponge – swiss roll, chicken chasseur/sausage hot pot, muffins using yogurt</i> 	<ul style="list-style-type: none"> • Carry out practical lessons that develop the skills: handling high risk meat, slice, dice, fry, stew, simmer, portion, roll and shape, decorate and testing for readiness. Accurate judgement of sensory properties when cooking food. • Define discuss and explain diet related illness. • How to prevent or reverse the effects of a poor diet. • Short-term and long-term effects of a poor diet in all age groups. 	Year 7 AT2 Fake away Year 7 SPR1 Seasonality and food groups Year 7 SPR2 Special diets and alternatives Year 8 AT1 & AT2 Eatwell and a balanced diet