

# NHSG Key Stage 3 Unit Overview for Y8 Food and Nutrition theory lessons



Scheme of Learning	Y8 Food and Nutrition theory lessons
Learning outcome.	<p>The aim of our Y8 food theory curriculum is for students to make informed choices about their diet using information on how to lead a safe, healthy, sustainable life whilst having an awareness of the scientific properties of the ingredients they eat.</p> <p><b>Subject content:</b></p> <p>Knowledge and understanding of:</p> <ul style="list-style-type: none"> <li>• Healthy Eating and nutritional analysis</li> <li>• Scientific properties of ingredients; Proteins, Carbohydrates and Fats</li> <li>• Features and characteristics of cuisines</li> <li>• Where food comes from (Fairtrade)</li> </ul> <p><b>Skill set:</b></p> <ul style="list-style-type: none"> <li>• Ability to identify specific types of nutrients within foods and explain the functions in the body.</li> <li>• Ability to explain the functions of gluten and fat in the making of shortcrust pastry and define what is meant by shortening.</li> <li>• Ability to read nutrition labels and understand how the figures correspond to DRV's.</li> </ul>
Key Questions	<ul style="list-style-type: none"> <li>• Why are proteins, carbohydrates and fats needed in the diet?</li> <li>• What are good sources of proteins, carbohydrates and fats?</li> <li>• What are the characteristics of a street food product?</li> <li>• How do ingredients in shortcrust work together and what are the physical and chemical functions of each ingredient?</li> <li>• What are the 8 mandatory pieces of information of a food label?</li> <li>• How do the ingredients in a cake create a light, fluffy texture?</li> </ul>
<b>Knowledge</b> What key concepts are covered? What key skills are developed? What key terminology is learned (i.e. glossary)?	<p><b>Concepts:</b> Heat transfer, the nutrients, Cuisines (Street food), Understanding functions of shortcrust pastry and cake ingredients, Food labelling and nutrition labels, Fairtrade.</p> <p><b>Skills:</b> Analysis, Comparative, Decision making</p> <p><b>Terminology:</b> Convection, Conduction, Radiation, Function, Source, Mandatory, Gluten formation, Shortening, Aeration, Fairtrade.</p>
Ongoing Assessment	<b>Peer and self-marking using mark schemes:</b>

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	Heat transfer questions, Carbohydrates assessment, Proteins assessment, Nutrition labels and analysis, Food labelling assessment, Pastry ingredients assessment, Cake ingredient functions assessment.
<b>Key Assessment</b>	<p><b><u>Teacher marked assessments:</u></b></p> <p>Macronutrients assessment- In class assessment without using notes, 12 minutes.</p> <p>End of term test- In class assessment without using notes, 15 minutes.</p> <p>Total marks equate to colours.</p>
<b>Clear sequencing of content</b>	<p>This SOL builds on the basic knowledge of Healthy Eating, Food provenance and Food science learnt in Y7.</p> <p>The SOL begins with the recap of Y7 H&amp;S and food hygiene knowledge to remind the students of expectations and rules when cooking foods in their practical's. Once recapped, the theory work moves onto and in depth look into each macronutrient which allows students to understand more about the scientific properties of each nutrient. Student will use this knowledge to create a nutrition table and analysis the nutritional content of their pasta dish.</p> <p>Throughout the SOL, Students are introduced to different cuisines and will learn about characteristics of cuisines and street food products. Student will also learn about the functions of key ingredients (fat and gluten) in shortcrust pastry before they make their pasties/patties. This sequence is replicated whilst learning about functions and properties of cake ingredients prior to make cupcakes. The SOL concludes with the teaching about Fairtrade, in relation to the ingredients used in the cupcake recipes.</p>
<b>Links to Careers</b>	<ul style="list-style-type: none"> <li>• Food scientist e.g Chemistry/Biology</li> <li>• Nutritionist</li> <li>• Dietician</li> <li>• Medicine</li> <li>• Food safety officer/ Food manufacturing inspector e.g FSA</li> <li>• Hospitality and catering sector</li> <li>• Law and legislation in the food industry e.g food labelling/ Fairtrade</li> </ul>
<b>Diversity and Inclusion</b>	<ul style="list-style-type: none"> <li>• Discussion about ingredients from different cuisines and their nutritional value.</li> <li>• Changing names and images within the resources to reflect diverse cultures.</li> <li>• Understanding of key topics including case studies such as food provenance (Fairtrade and workers' rights).</li> <li>• Understanding characteristics of cuisines and street food.</li> </ul>
<b>Support</b>	PowerPoints available on subject SharePoint.

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	<p>Structured booklet pages to complete each theory lesson.</p> <p>Revision list and tips provided for end of term test.</p>
Challenge	<p>Throughout each topic booklet are a range of extension activities that students are encouraged to complete in class if they are particularly strong in any topic area, or outside of class if they would like to stretch their knowledge as part of their homework.</p> <p>Additionally, students are guided to the following resources to further develop their knowledge:</p> <p>Food a fact of life- <a href="https://www.foodafactoflife.org.uk/">https://www.foodafactoflife.org.uk/</a></p> <p>British Nutrition Foundation- <a href="https://www.nutrition.org.uk/putting-it-into-practice/">https://www.nutrition.org.uk/putting-it-into-practice/</a></p> <p>Pastry ingredients- <a href="https://www.craftybaking.com/learn/baked-goods/pastry/ingredients">https://www.craftybaking.com/learn/baked-goods/pastry/ingredients</a></p> <p>Fairtrade- <a href="https://www.fairtrade.org.uk/">https://www.fairtrade.org.uk/</a></p>