

# FOOD AND NUTRITION

---

Pupil year: **Lower 4 (Yr 8)**

Head of Department: **Mrs S Fanous**

## SUBJECT OVERVIEW

At Key Stage 3 we continue to develop the understanding and practice of basic nutrition and healthy eating with particular consideration of the role and function of the current dietary guidelines and how this is applied to everyday meals. Students develop and extend their knowledge of cultural diversity, traditions and ritual foods eaten in the UK and around the world. Students broaden their baking skills and undertake a series of technical and creative baking challenges, through research, designing and developing recipes.

### Subject / Topic

#### Food Hygiene And Safety

- Role and function of the current dietary guidelines for healthy eating and focused practical tasks.
- Starch and fibre, reducing sugar in recipes, fish and carbohydrates.
- World food Culture and how it influences the food we eat.
- Lower 4 Bake Off challenge

### Skills / Attitudes

- Extend and develop key cooking skills and to become familiar with adapting recipes
- Apply knowledge of the Eatwell Plate in recipe selection and food choice
- Understand and apply the nutritional value of recipes focusing on salt, fat and starch
- Understanding the importance of fish in the diet
- Using a range of skills to research World Food Cultures and to design and make a range of suitable dishes also using time planning
- To understand and apply knowledge of the Glycaemic index for everyday foods
- Group and individual, creative and technical baking tasks. Research, time plan, design and develop recipes to be creatively presented