



		Autumn Term	Spring Term	Summer Term
Year 8	Topic Big question / Overview	<p>Food science Functions of ingredients including the dextrinisation/ gelatinisation of starches, plasticity of fats, coagulation/denaturation/gluten formation of proteins and effect of raising agents.</p> <p>Design Tasks Planning meals for specific dietary groups. Collecting primary and secondary research.</p> <p>Introduction to 2 basic sauces as a base for developing other recipes.</p> <p>Eatwell guide Understanding healthy eating and the 8 tips for eating well</p> <p>Nutrient groups Understanding sources, functions, excess and deficiency of common nutrients.</p>	<p>How factors can affect our food choice:</p> <p>Special diets – Vegetarianism, veganism, coeliac disease, lactose intolerance, allergies</p> <p>Religious diets – Christianity, Judaism, Islam, Buddhism, Hinduism</p> <p>Costing – How to stick to a budget, how to cost a recipe, cheaper alternatives</p> <p>Sustainability – The 6 R’s, preventing food waste, food miles, eating in season</p> <p>Animal welfare – Free range, organic, vegetarianism</p>	
	Disciplinary knowledge/skills	<p>Practical skills Applying nutritional knowledge</p>	<p>Practical Skills How food choice affects us and the environment around us. How to make sustainable decisions when buying and preparing food</p>	
	New vocabulary	<p>Dextrinisation Gelatinisation Plasticity Coagulation Denaturation Gluten formation Nutrients Deficiency</p>	<p>Vegetarianism Veganism coeliac disease lactose intolerance Seasonality Organic Genetically modified</p>	
	Links to ...	<p>Science</p>	<p>R.E. Maths Geography</p>	