

Year 8

Topic Overview



Autumn Term Diet and Health

Students to be able to discuss portion size, have knowledge of nutritional food groups/ special diets etc and to recall knowledge from previous tasks i.e. pre heat oven etc.

Spring term

Students will be able to demonstrate safe use of some basic equipment including some electrical equipment such as a whisk, blender or microwave.

They will have knowledge to be able to convert from metric to imperial and vice versa.

They will also have confidence to read and modify a recipe with guidance.

Summer term

Students will be able to identify and use a range of cooking methods such as baking, frying, boiling, simmering etc to make certain dishes.

They will have the knowledge to compare the eat well plate with the eat well guide.