

**WHAT ARE THE BIG AIMS OF YEAR 8?**

1. Pupils continue to develop competence and confidence in their performance of skills/ techniques in the kitchen
2. Pupils understand and apply the key principles of nutrition and health and relate them to how they can have an effect in the body.
3. Pupils understand the four key nutrients in more depth and how they affect the body
  - a. Carbohydrates (Complex and Simple)
  - b. Protein
  - c. Fats
  - d. Vitamins and minerals
4. Pupils will have an understanding of Nutrient deficiency
5. Pupils will understand food miles
6. Pupils understand how to cook a range of dishes so that they can feed themselves and others, building on the skills from Year 7

**WHAT WILL EXCELLENCE LOOK LIKE IN YEAR 8?**

By the end of this unit a pupil displaying excellence will have be able to clearly explain the 4 main nutrients and their functions in relation to the body. (Carbohydrates, Fats, Protein and Vitamins & Minerals). The pupils will know what a deficiency is and be able to explain why and how specific nutrients affect the body. Pupils will have an excellent understanding of what makes a healthy balanced dish and how to develop existing products to become healthier. Pupils will demonstrate a variety of different practical skills improving their confidence, they will be able to use a combination of techniques for a range of different utensils. Pupils will be able to create a range of dishes and highlight the importance of the nutrient within that dish explaining the importance of the nutrient. Pupils will demonstrate high quality health and safety within the cooking area ensuring they are working within the health and safety guidelines.They will show great confidence and independence within each lesson, when preparing a range of dishes.

**WHAT KNOWLEDGE DO THE PUPILS NEED TO ACQUIRE?**

- Continue to understand the H&S guidelines within the kitchen through cooking a range of dishes, using utensils correctly
- Understand how deficiencies are caused through a lack of nutrients.
- Understand food miles and seasonality
- Be able to analyse dishes they have cooked.
- Know how to analyse food labels, relating to the nutritional information.

**WHAT SKILLS DO THE PUPILS NEED TO DEVELOP?**

- Build on the techniques using a large range of utensils
- Create a range of dishes linking to the knowledge construct of the Scheme of Learning using a range of practical skills
- Apply the H&S regulations within the kitchen (Using the hob and oven)

**WHAT MISCONCEPTIONS MAY THEY HAVE FROM PREVIOUS LEARNING?**

- There is no difference in the food source of simple/ complex carbohydrates
- Complex carbohydrates are broken down quicker
- All fat is unhealthy

**WHAT ASSESSMENTS WILL BE USED ACROSS THE YEAR TO DEMONSTRATE HOW THE PUPILS HAVE ACQUIRED THE KNOWLEDGE AND DEVELOPED THE SKILLS?**

AfL Opportunities - Q&A, Observation of Pupil Performance

Knowledge Checkers and Hinge Questions – Multiple Choice Snapshots, Written and Orally conducted to gauge understanding of knowledge

Summative Assessment Lessons – To be utilised at the end of each unit of work.

Hinge Points Assessments during practical lessons/ Hinge questions throughout all lessons.