Curriculum Summary Document

Year 8- Food and Nutrition

Exploring the Relationship Between Food, Wellbeing and Performance

Module/Unit of Learning	Taught During	What will students learn?	How does this help to build a broad and strong foundation?	Links to other Subjects
Food and Mental Wellbeing	Autumn one	Students will explore the relationship between food, the brain and mental wellbeing, considering how food choices may influence how we feel. They will then apply practical skills by preparing a stir fry, developing safe knife skills and learning to prepare vegetables and combine ingredients to create a balanced dish. Students will also investigate the possible links between excessive sugar consumption, stress and anxiety, encouraging them to think critically about their everyday food choices.	Students build on their Year 7 understanding of healthy eating by exploring how food choices may affect mental as well as physical wellbeing. Practical work develops confidence with knives, preparation and cooking, while encouraging students to make informed choices about ingredients.	**Science-** Exploring how food choices can influence brain function, mood, stress, sleep and physical performance. They develop their understanding of food hygiene and bacteria. **Maths-** Students develop accuracy when measuring and weighing ingredients, adjusting quantities and following recipes. They apply temperature knowledge when considering safe fridge storage and cooking, and use timing, sequencing and portion control when preparing dishes. **English**- Students develop subject-specific vocabulary relating to nutrition, mental wellbeing, allergies, intolerances and food safety. They practise explaining the relationship between diet and wellbeing, interpreting written recipes, following instructions and communicating practical processes clearly. **PE-** Students make direct links between nutrition and physical
	Autumn two	Students will continue to explore how food and lifestyle choices can influence health and wellbeing. They will develop their practical cookery skills by preparing macaroni cheese, focusing on sauce-making and thickening techniques. Students will consider how lifestyle and food choices may relate to sleep and wellbeing. They will apply their learning by preparing banana pancakes, practising accurate measuring, mixing and cooking techniques while building confidence and independence in the kitchen.	Students strengthen their understanding of the links between diet, lifestyle and wellbeing, while developing practical skills in sauce preparation, mixing and cooking. They learn to follow recipes independently, work safely and reflect on the quality of their finished dishes.	
Workplace and Kitchen Safety	Spring one	Students will develop their understanding of food safety by exploring food allergies and intolerances, learning the difference between them and recognising the importance of identifying and managing food-related risks. They will apply safe food preparation practices when making a one-pot chilli con carne, developing their ability to handle ingredients appropriately while preparing a savoury dish. Students will also learn about different kitchen equipment and	Students develop greater responsibility for their own safety and the safety of others. They apply food hygiene knowledge during practical work and begin to understand how allergies, storage and equipment choices affect food safety in domestic and professional kitchens.	

		appropriate food storage, including suitable fridge temperatures, helping them understand how correct procedures contribute to a safe and hygienic kitchen.		activity by exploring what gymnasts need before, during and after exercise. They consider energy requirements, hydration and recovery, applying their knowledge to make informed food choices that support sporting performance. **Life-**Students explore how food choices can affect emotional wellbeing, stress and sleep. They consider the importance of balanced eating, healthy routines and informed decision-making, while developing awareness of food allergies, intolerances and the need to make safe and inclusive food choices. **Geography**- Students investigate how food traditions, ingredients and cooking practices vary around the world, including the Mexican flavours explored through chicken fajitas. They consider seasonality, where ingredients come from and how food choices can affect sustainability. **Hospitality and Catering-** understanding of nutrition, healthy eating, food safety, hygiene and safe working practices. Practical cooking lessons also develop skills in weighing and measuring, food preparation, cooking methods and presentation, while supporting students' understanding of how chefs plan and prepare suitable dishes to meet different nutritional needs and customer requirements.
	Spring two	Students will build on their existing practical skills by preparing chicken fajitas, developing food preparation and cooking techniques while exploring Mexican flavours and ingredients. They will learn about seasonality and how the availability of ingredients changes throughout the year. Students will then prepare a cheesecake, further developing their preparation skills and attention to detail when producing a finished dessert.	Students broaden their knowledge of food from different cultures and develop confidence using a wider range of ingredients and methods. Exploring seasonality encourages them to consider where food comes from and how food choices can affect the environment. Practical tasks build accuracy, organisation and independence.	
Life as an Athlete- Gymnast	Summer one	Students will explore the nutritional needs of a gymnast, focusing on how food choices can provide energy before physical activity. Through the pre-exercise nutrition theory lesson, they will consider the importance of choosing suitable foods to support participation and performance. Students will apply this knowledge by preparing a no-bake oat bar, practising accurate measuring and combining ingredients to produce a suitable snack. They will then investigate nutrition during exercise, considering the importance of hydration and appropriate food or snacks to support the body during physical activity.	Students apply nutrition knowledge to the needs of a specific athlete and begin to recognise that food and fluid choices can support energy and participation. Practical work develops independence and shows how theory can inform realistic snack choices.	
	Summer two	Students will develop their understanding of post-exercise nutrition and the role of food and fluids in recovery. They will apply their practical skills by preparing falafel, developing techniques for shaping and cooking ingredients to produce a savoury dish. Students will also prepare healthy chocolate muffins containing vegetables, building their confidence in producing a sweet treat while considering ingredient choices and presentation. By connecting theory with practical cooking, students will develop a stronger understanding of how food choices can support an active lifestyle and overall wellbeing.	Students complete the pre-, during- and post-exercise nutrition sequence by applying their understanding to a gymnast's needs. They develop the ability to link food choices with activity and recovery, while extending their practical repertoire and evaluating how ingredients can be used creatively.	