





Curriculum Overview for Food Preparation and Nutrition Year 8

Term 1: Food around the world (Mexico)		
Substantive Knowledge		<p>Teachers lead by example. Teachers read from the board but will also encourage pupils to read aloud to the class.</p> <p>Syllabification of key words.</p> <p>Pupils will analyse a variety of text sources.</p>
<ol style="list-style-type: none"> Baseline test, health & safety, equipment use Presentation skills & basic kitchen techniques Sensory analysis & knife skills (fruit salad) Accuracy in preparation (Mexican cookery focus) Eatwell Guide & balanced diet Advanced cooking (Bridge & Claw, hob use) Properties of food (bread investigation) Research & creative presentation (Mexican cuisine mood boards) Pizza design & nutrition (Eatwell focus) Final practical & evaluation (creative presentation & detailed feedback) 		<p>Hygiene</p> <p>Weighing and Measuring</p> <p>Cross Contamination</p> <p>Equipment names</p> <p>Health and Safety</p> <p>Bridge and Claw</p> <p>Eatwell guide and Nutrition</p> <p>Health and Safety</p> <p>Kitchen Equipment</p> <p>Presentation Skills</p> <p>Basic Kitchen Techniques</p> <p>Sensory Analysis</p> <p>Knife Skills</p> <p>Bridge and Claw</p> <p>Fruit Salad</p> <p>Mexican Cookery</p> <p>Advanced Cooking Skills</p> <p>Hob Safety</p>
Disciplinary Knowledge		
<ol style="list-style-type: none"> Health & safety: hygiene, safe equipment use Cooking techniques: basic → advanced, ingredient handling Recipe execution: accuracy & consistency Sensory analysis: conducting & explaining evaluations Nutrition: applying Eatwell principles Evaluation: self- and peer-assessment, improvement Research: culinary investigation, food properties Presentation: creative design & visuals Organisation: planning & managing projects 		<p>Assessment at the end of the unit made up of short answer and long answer questions. Collect scores from formative assessments in the classroom – multiple choice questions, low stakes.</p> <p>Completion of an extended piece of writing throughout the unit.</p>
		<p>Homework booklet with tasks every week</p>