

Autumn 2023

SUBJECT: Catering

Year: 8

Topic(s) to be covered:

The Nutrients and Healthy Eating

In Year 8 students will study the nutrients in detail focusing on their function in the body and their food sources. They will investigate the factors that affect food choice. With a focus on special dietary requirements and how to cater for these. Additionally, they will revisit into the government healthy eating guidelines. Within the practical element of this course, they will develop how to create nutritionally balanced meals and dishes.

Assessment Procedures:

Throughout the whole term in food pupils will undergo assessments of their practical abilities. These will cover their ability within a practical lesson, to be organised, work safely and hygienically, produce a quality product, and follow all procedures for practical lessons.

They will be further assessed on their knowledge and understanding of the theory topics which will culminate in and end of unit test

Homework guidance:

Homework will be set every two weeks. Each homework should take between 1 hours to complete.

Enrichment opportunities:

No trips or additional activities are planned for this term.

How can you help?

Students are encouraged to practice the skills they learn in Catering at home and every opportunity you can give your child to do so will benefit them greatly. Practical skills and a growing knowledge of ingredients are key for Year 8. Shopping and trying new items and dishes would benefit their food technology ability. The more opportunity students can be given at home the more confident and independent they can be in their work at school.

Useful Websites

www.bbcgoodfood.co.uk - recipes and ingredient information