

Teaching and Learning Content: Food
Year Group: 8
Half Term 4



Nutrition and Food Choice

Home Learning:

Students are expected to complete a homework research project over the half term linking to their classwork

Key Questions:

- Why should we choose seasonal foods?
- Which foods are available when?
- What information is on a food label?
- What is traffic light labeling?
- What is a food allergy?
- What is food intolerance?

Diagnosis

- Retrieval activities
- Mini whiteboard activities

Therapy

- Teacher Demonstration
- DIRT tasks
- Peer to peer support
- Whole class feedback

Students will:

- Be able to know what different seasonal foods are and why to choose them.
- Be able to know what information is on a food label and why.
- Be able to identify the traffic light labeling.
- Be able to understand about different food allergies and intolerances.
- Be able to cook a variety of different foods such as potato cakes, low fat chocolate muffins, ginger nut cookies, shepherds pie, chicken fajitas, roasted vegetable couscous

Testing

- Students will be tested on the practical skills
- Students will complete a written assessment.