

The journey continues...

After Year 7, some topics you may cover are....  
 What are the consequences of an unbalanced diet? How healthy is that ready meal?  
 How does bread rise? Do we need gluten?  
 How much of the food that is produced goes to waste? What is the impact of food waste on the planet? How can we reduce our food waste?  
 What would a responsible ready meal look like?

Year 8

Term 3

**CAN YOU BOIL A BANANA?  
 WHY DO WE COOK FOODS? WHY DO WE USE DIFFERENT METHODS?**

- Nutritional and Healthy Meal for a Teenager
- Research and Planning
- Sensory Analysis
- Dish Design to a Specification
- Chemical Changes in Foods
- Healthier Cooking Methods
- General Cooking Methods (Dry, Moist, Combination)

Term 2

**HOW MANY DIFFERENT COLOUR FOODS DID YOU EAT FOR DINNER LAST NIGHT?  
 WHY DO WE NEED A BALANCED DIET AND HOW DO WE GET ONE?**

Throughout Year 7, students will develop the following skills through practical lessons:  
 General practical skills, knife skills, preparing fruit and vegetables, use of the cooker, use of equipment, cooking methods.

- Eatwell Guide/8 Tips to Eating Healthily
- Food Diary and Analysis
- Carbohydrates
- Dairy and Alternatives
- Protein
- Micronutrients
- Oils and Spreads

Term 1

**HOW DO WE AVOID A KITCHEN NIGHTMARE?  
 FANTASTIC FRUIT AND VEGETABLES: IS '5-A-DAY' KILLING THE PLANET?**

- Is '5-A-Day' killing the planet?
- Buying and Storing Food
- Sensory Analysis and Evaluation
- 'Fresh From MK' Watling Afternoon Tea Dish Featuring a Local, Seasonal Fruit or Vegetable
- Research and Planning
- Dish Design to a Specification Food Miles
- Health and Safety in the Food Room, Eatwell Guide and What is '5 a Day?'