

SJBC Curriculum Termly Plan: Y7 Food & Nutrition

Term	Topic(s) and links to other subjects	Core Knowledge	Core Vocabulary	Assessment	Resources
<p>Year 7 work on a carousel and will complete 8-12 weeks of Food and Nutrition.</p>	<p>Theory:</p> <ul style="list-style-type: none"> ● Healthy and safety ● Kitchen equipment: Measuring ● Bacteria ● Food poisoning <p>Practical:</p> <ul style="list-style-type: none"> ● Fruit salad ● Pancakes ● Scones 	<p>Students will learn how to stay safe and work hygienically in the kitchen by understanding health and safety rules and how to measure accurately using kitchen equipment. They will also learn what bacteria are, how they grow, and how they can cause food poisoning, as well as how to prevent it through safe food handling.</p> <p>Students will develop essential food preparation skills through a range of practical tasks. They will learn safe and effective knife skills, how to follow simple recipes, and how to use kitchen equipment correctly and build confidence and independence in the kitchen.</p>	<p>Hazard Risk Personal hygiene Food hygiene Cross-contamination Microorganism Food poisoning Danger zone High-risk foods</p>	<p>Mini quizzes</p> <p>End of topic assessment</p> <p>Skills audit</p> <p>Success criteria (formative assessment)</p>	<p>Booklets Teams Organizers</p>
	<p>Theory:</p> <ul style="list-style-type: none"> ● Eatwell Guide ● Balanced diet ● Nutrients: Macronutrients and Micronutrients <p>Practical:</p> <ul style="list-style-type: none"> ● Fajitas ● Carrot cake ● Tomato pasta ● Banana fritters 	<p>Students will learn about the Eatwell Guide and how it helps us make healthy food choices. They will understand what a balanced diet is and explore different types of nutrients, including carbohydrates, protein, fats and micronutrients, vitamins and minerals, and why they are important for the body.</p> <p>Students will develop basic cooking skills through a range of dishes. They will learn how to prepare ingredients safely, use equipment correctly, and adapt recipes to enhance their nutritional value. These lessons support confidence, independence, and healthy eating in the kitchen.</p>	<p>Eatwell Guide Balanced diet Food groups Macronutrients Micronutrients</p>	<p>Mini quizzes</p> <p>End of topic assessment</p> <p>Skills audit</p> <p>Success criteria (formative assessment)</p> <p>PPE</p>	<p>Booklets Teams Organizers</p>

SJBC Curriculum Termly Plan: Y8 Food & Nutrition

Term	Topic(s) and links to other subjects	Core Knowledge	Core Vocabulary	Assessment	Resources
Year 8 work on a carousel and will complete 8-12 weeks of Food and Nutrition.	<p>Theory:</p> <ul style="list-style-type: none"> • Health and safety • The 4C's • Bacteria • Allergens and intolerances <p>Practical:</p> <ul style="list-style-type: none"> • Bread • Pizza • Banana cake • Spaghetti Bolognese 	<p>Students will learn how to keep food safe by understanding health and safety rules, the 4Cs (cleaning, cooking, chilling, and cross-contamination), how bacteria grow and cause illness, and how to handle allergens and intolerances to protect people with dietary needs.</p> <p>Students will develop practical food skills by learning how to prepare and cook a range of recipes. They will learn about food provenance, including where ingredients come from and their function, while building key cooking skills.</p>	<p>Risk assessment Personal hygiene Food hygiene Cross-contamination Microorganism Food poisoning Danger zone High-risk foods Allergens Intolerance Anaphylaxis</p>	<p>Mini quizzes</p> <p>Skills audit</p> <p>Success criteria (formative assessment)</p>	<p>Booklets Teams Organizers</p>
	<p>Theory:</p> <ul style="list-style-type: none"> • The Eatwell Guide • Nutrients: Macro- and Micro- nutrients • Health conditions • Food Provenance: Sugar <p>Practical:</p> <ul style="list-style-type: none"> • Blueberry muffins • Cheese and onion pasties • Brownies 	<p>Students will learn how the Eatwell Guide supports healthy eating, the role of macro- and micro-nutrients in the body, and how diet can cause health conditions. They will also explore food provenance with a focus on sugar.</p> <p>Students will develop practical food skills through making a range of dishes. They will build confidence using equipment, apply nutritional knowledge, explore food provenance, and practice safe and hygienic kitchen habits while learning about ingredients and healthy substitutions.</p>	<p>Eatwell Guide Balanced diet Food groups Macronutrients Micronutrients Health Conditions Sustainability Source Portioning Adaptation Food hygiene Personal hygiene Cross-contamination</p>	<p>Mini quizzes</p> <p>Skills audit</p> <p>Success criteria (formative assessment)</p> <p>PPE</p>	<p>Booklets Teams Organizers</p>

SJBC Curriculum Termly Plan: Y9 Food & Nutrition

Term	Topic(s) and links to other subjects	Core Knowledge	Core Vocabulary	Assessment	Resources
Autumn 1	<p>Theory:</p> <ul style="list-style-type: none"> - Health and safety - Bacteria -Allergens and intolerances <p>Practical:</p> <ul style="list-style-type: none"> - Fruit tarts - Burgers - Marble pear cake - Macaroni Cheese 	<p>In the first half term, students will revisit key principles of food and kitchen hygiene. They will learn how bacteria grow, how to prevent foodborne illnesses (including food poisoning), and how to safely prepare food for individuals with allergies or intolerances. This helps them understand the importance of meeting different dietary needs safely and responsibly.</p> <p>Students will develop their practical cooking skills while applying food safety rules. They will prepare a variety of recipes, alternating between sweet and savory dishes, to build confidence and competence in the kitchen.</p>	Personal hygiene Food hygiene Kitchen safety Cross-contamination Microorganism Food poisoning Danger zone Allergens Intolerances Anaphylaxis	Topic multiple-choice quizzes PPE	Booklets
Autumn 2	<p>Theory:</p> <ul style="list-style-type: none"> - The Eatwell Guide - Nutrients: Macro- and Micro-nutrients - Senses <p>Practical:</p> <ul style="list-style-type: none"> - Apple crumble - Pizza rolls - Sprinkle cake 	<p>In the second half term, students will learn about the Eatwell Guide and the different types of nutrients, including both macronutrients and micronutrients. This will help them understand the importance of a healthy, balanced diet and how it supports overall wellbeing. They will also explore the role of the senses and how they influence the way we perceive and enjoy the foods we eat.</p> <p>Students will continue to build their practical cooking skills by working with more challenging recipes. They will also begin applying their knowledge of nutrition</p>	The Eatwell Guide Nutrients Balanced diet Food groups Micronutrients Macronutrients Carbohydrate Protein Vitamins Minerals Senses Taste Texture Odour Unami	Topic multiple-choice quizzes PPE	Booklets

		and healthy eating to the dishes they prepare.			
Spring 1	<p>Theory:</p> <ul style="list-style-type: none"> - The Effects of Cooking - Seasonal Foods - Nutritional Needs of Specific Groups <p>Practical:</p> <ul style="list-style-type: none"> - Chicken/vegetable fried rice - Swiss roll - Alfredo 	<p>This term, students will learn about the effects of cooking on food, how nutrients can be changed or lost during preparation, and why different cooking methods are used. They will explore seasonal foods, understanding how seasonality affects availability, cost, and taste. Students will also study the nutritional needs of specific groups, including children, teenagers, adults, and the elderly.</p> <p>Students will apply their knowledge in the kitchen by preparing a variety of dishes. They will make chicken and vegetable fried rice to practice stir-frying and flavor balancing, a Swiss roll to develop baking and rolling techniques, and an Alfredo dish to understand making sauces and combining ingredients effectively.</p>	<p>Conduction</p> <p>Convection</p> <p>Radiation</p> <p>Seasonality</p> <p>Greenhouse gases</p> <p>Dietary Needs</p>	<p>Mini quizzes</p> <p>End of topic assessment</p> <p>Skills audit</p> <p>Success criteria (formative assessment)</p>	Booklets
Spring 2	<p>Theory:</p> <ul style="list-style-type: none"> - Health conditions - Sustainability - The 4 C's - Food labelling <p>Practical:</p> <ul style="list-style-type: none"> - Lemon muffins - Chicken tenders - Chocolate cake - Beef/vegetable patties 	<p>Students will learn about common health conditions and how diet can help prevent or manage them. They will explore sustainability in food production, including environmental impacts and ethical choices. The "4 C's" (Cooking, Cleaning, Chilling, and Cross-contamination) will be studied to ensure safe food handling. Students will also examine food labelling, understanding ingredients and nutrition information.</p> <p>Students will apply their theoretical knowledge by preparing a range of dishes.</p>	<p>Malnutrition</p> <p>Coronary Heart Disease</p> <p>Sustainability</p> <p>The 4 C's</p> <p>Food labelling</p>	<p>Mini quizzes</p> <p>End of topic assessment</p> <p>Skills audit</p> <p>Success criteria (formative assessment)</p>	Booklets

		They will make lemon muffins to develop baking and portioning skills, chicken tenders to practice coating and cooking techniques, chocolate cake to explore flavor and texture combinations, and beef/vegetable patties to work on shaping, cooking, and combining ingredients safely.			
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