

Year 8 – Food Theory

What are we learning about?

You will learn about healthy eating guidelines that have been introduced by the government to educate and encourage people to eat a healthy balanced diet. You will learn about where our food comes from and how it is processed so we can consume it. You will learn how to prepare and cook food to avoid food poisoning and how to adapt dishes for different dietary needs.



Why are we learning about it?

Food has such a huge impact on our lives. It wakes us up in the morning, provides use with energy for the day and helps to maintain a healthy body throughout life. These dishes will help to support healthy eating habits through school and beyond.



What new KNOWLEDGE will I gain?

- What are nutrients and why are they needed by the body.
- What are dietary restrictions and how food needs to be adapted to suit these needs?
- Where does our food come from in the world and how this can affect global warming?
- What is and how to avoid food spoilage.



How does this build on the SKILLS I already have?

The skills you have from year 7 have helped you to identify what a healthy diet is and people can adapt it to make healthier choices. This year you will be more self-aware and healthy changes before bad habits set in.



What new SKILLS will I develop?

- Able to identify the needs for specific groups of people.
- How to support individuals with special dietary requirements.
- Identify and choose seasonal and local produce to reduce your carbon footprint.
- Ability to prepare and cook meat in a safe and with an appropriate method.



How does this build on the KNOWLEDGE I already have?

In year 7 you learnt the basics about nutrition and how to eat a balanced diet. You will be building your knowledge about nutrients and how they are needed by the body. You have covered some safe food handling and now you will expand this to food storage and handling of high risk foods, such as meat.