



# ABINGDON

HOUSE SCHOOL

## ***Curriculum map overview for Year 8 Food & Nutrition 2025/26***

<i>Term (Weeks)</i>	<i>Topic/Unit (weeks)</i>	<i>Key Objectives</i>	<i>Type of assessment</i>
<b><i>Week 1 (First full week)</i></b>	<i>100 mins: review of how food room works,</i>	<i>Health &amp; Safety, introduction and overview of food curriculum</i>	
<i>Week 1</i>	Recap & Kitchen Safety Theory	Refresh Year 7 content + new kitchen rules,	Quick-fire quiz, group task
<i>Week 2</i>	Knife Skills & Soup practical	Prepare vegetable soup: chopping, simmering	Observed technique and hygiene checklist
<i>Week 3</i>	Nutrients in Detail theory	Focus on carbohydrates, proteins, fats - functions	Nutrient identification task

<i>Week 4</i>	Cook with Protein practical	Egg-based dish (e.g., omelette) to explore protein	Teacher observation + peer feedback
<i>Week 5</i>	Vitamins & Minerals theory	Key micronutrients, their sources, and functions	Label a food plate with nutrients present
<i>Week 6</i>	Nutrient-Rich Dish practical	Salad with varied ingredients, dressing skills	Practical hygiene and presentation assessment
<i>Week 7</i>	Factors Affecting Food Choice	Culture, religion, health, ethical choices	Group presentations on different factors
<i>Week 8</i>	World Foods Practical	Simple cultural dish linked to food choice	Self and peer evaluation
<i>Week 9</i>	Food Labelling & Shopping	Understanding food labels and making informed choices	Supermarket label analysis activity
<i>Week 10</i>	Healthier Meals	Healthier alternative recipe: e.g., burger or pasta bake	Teacher practical assessment
<i>Week 11</i>	Meal Planning & Evaluation	Balanced meal planning using knowledge gained	Written task: Plan a balanced, realistic meal
<i>Week 12</i>	Practical Assessment	Independent world food dish considering nutrition	Graded on hygiene, skills, nutrition evidence