

Year 8 Food Curriculum

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Term	Curriculum content
Michaelmas 1	Diet and health
	Bread: what is gluten?
	Gluten experiment and bread rolls
	Energy balance
	Sushi
	Eatwell guide
	Fish cakes
	Digestive system
	Breakfast eggs
	Sensory analysis
	Sensory tasting set up and sampling food with a specific characteristic in mind.
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Michaelmas 2	Rotation 1
IVIICITACIITIAS 2	The fall of the fa
Lent 1	Rotation 1
Lent 2	Carbohydrates
	The eat well guide
	Coloured pasta
	Gelatinisation
	Sauce experiments
	Starches and sugars
	Mac and cheese
	Food labels and allergens
I I R	Victoria sponge cake
	Making informed choices and understanding dietary needs
FOOD ALLERGENS	Making informed choices and understanding dietary fleeds
Trinity 1	Rotation 2
Trinity 2	Rotation 2