

Year 8 - Why do we Food Preparation and Nutrition?

We study Food Technology as it is an integral and essential part of everybody's life, as such we aim to build a working knowledge, interest and practical capability in this area. Food is an integral part of life, essential for good health and well-being but also a huge industry with Hospitality being one of the biggest market forces in the Country. Food is a mainstay of the British way of life and eating out is a cultural and social way of life for many. By studying Food Technology, students will start with the basics of cooking, food preparation and food safety while exploring and understanding how to prepare food that is nutritious. Students will develop the ability to follow instructions, work collaboratively, develop independence and confidence in decision making while developing a deep understanding of Health, Hygiene and Safety.

What: In Year 8 Food Technology you will build on food practical skills learnt in Year 7 by making more complex dishes using new food techniques, You will make progress using the knowledge of the Eatwell Guide to learn about macro and micronutrients, understanding their place in the diet and how they impact the body with consideration to energy balance, sugar and salt intake.

Why now: To build on skills and knowledge from Year 7 Food Technology, developing a broader understanding of diet, nutrition and health; digging deeper in the key nutrients, how they impact the body and effects of excess and deficiencies.

