The Ellesmere Port C of E College

Part of the Frank Field Education Trust

Year 8 Design & Technology - Cooking & Nutrition
Learning Programme 2

The LORIC skill focus for his LP is: ORGANISATION
The Moral Virtues focus for this LP are: COMPASSION and HONESTY

Compassion - the quality of feeling pity and concern for the sufferings or misfortunes of others.
Honesty - the quality of being truthful.

What will I be learning about in this Learning Programme?
You will develop your knowledge of the functions of nutrients including understanding the difference between macro and micro nutrients. You will learn how we need to adapt our diet depending on our age in order to meet our changing nutritional needs. You will understand the importance of food labelling to meet the needs of those with allergies or intolerances, or who have special dietary needs.

Where have I seen this learning before?
In year 7 you learnt about controlling the 4Cs of food safety to prevent food poisoning bacteria multiplying and how to ensure our food is safe to eat. You also developed knowledge of the Eatwell Guide to ensure a healthy and balanced diet.

What could I use it for?
The topics in this Learning Programme are the key building blocks for many food topics over your next 4 years and will have links into many other subjects you study. It will also equip you with knowledge and recipes to cook healthy balanced meals at home.

Literacy:
- Capital letters must be used at the start of sentences and for the first letter of proper nouns
- Full stops must be used at the end of a sentence
- Question marks must be used at the end of a question
- Apostrophes should only be used for possession or omission
- Days of the week and months must be spelled correctly
- Key words must be spelled correctly

In LP2.1, I will know: 19/10/26 - (WK 2)	Key Vocabulary	Homework
how to explore, through taste testing, the alternative ingredients and foods available to meet special dietary requirements; the functions and food sources of macro and micro nutrients.	Nutrients	Micro and macro nutrients.
In LP2.2, I will know: 02/11/26 - (WK 1)	**Key Vocabulary**	**Homework**
how to apply preparation and cooking techniques to make potato croquettes.	Coating	Practical evaluation.
LP2 RLW, I will: 09/11/26 - (WK 2)		
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.	Revise	Use revision techniques to prepare for summative assessment.
In LP2.3, I will know: 16/11/26 - (WK 1)	**Key Vocabulary**	**Homework**
how and why nutritional requirements vary between different age groups; how to apply the preparation and cooking techniques to make flapjacks. Extended Task.	Life stages	Dietary needs through the life stages.
In LP2.4, I will know: 23/11/26 - (WK 2)	**Key Vocabulary**	**Homework**
the difference between food allergies and intolerances; why food labelling is important to meet the needs of those with allergies or intolerances.	Allergy	Food labelling task.
In LP2.5, I will know: 30/11/26 - (WK 1)	**Key Vocabulary**	**Homework**
how to apply the preparation and cooking techniques to make tear and share bread; how dishes can be adapted to meet those with special dietary requirements e.g. veganism.	Vegan	Practical evaluation of outcome and skills.
In LP2.6, I will know: 07/12/26 - (WK 2)	**Key Vocabulary**	**Homework**
how to adapt and apply preparation and cooking techniques to make fajitas. Extended Task.	Adaption	Practical evaluation of outcome and skills.
In LP2.7, I will know: 14/12/26 - (WK 1)	**Key Vocabulary**	**Homework**
how to apply the preparation and cooking techniques to make shortbread.	Rubbing-in	Preparation and Cooking Techniques.

PRT Task 1

PRT Task 2

Resources to support learning:
The following websites contain extensive revision material and information to increase Cooking & Nutrition subject knowledge: www.food.gov.uk; www.bbc.co.uk/bitesize; www.foodafactoflife.org.uk; www.britishnutritionfoundation.co.uk; www.bbcgoodfood.co.uk.

FFET Award Challenge for this Learning Programme:
Create an information poster to educate others about a specific dietary need.