| **Overview Document 2026/27** | Curriculum Area: Design and Technology - Food | Year Group: 8 |
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| | Personnel Responsible: SBR | Quality Assured by: JAN |

| Cycle | Topic/Unit Title – *Big Question* | Content Coverage | Skill development and links to other areas of this subject's curriculum |
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| **1, 2 ,3 and 4** | Where does our food come from? | • Students continue to work in a practical space; learning how to use equipment safely; using a range of small and large equipment; preparing a range of mainly savoury dishes; applying good personal and kitchen hygiene to ensure that food is safe to eat.<br>• They will recall how temperature can be used to keep food safe and food poisoning can be prevented.<br>• Students will revisit Year 7 learning related to keeping food safe, and explore this in more detail; analysing high and low risk foods.<br>• Practical skills are underpinned with theory lessons which explore where food comes from. Students will learn food miles, developing their knowledge of where their food is sourced from and the impact this can have on the environment.<br>• They will also revisit nutrition in more depth; exploring macro and micro-nutrients and developing their understanding of how various nutrients will benefit overall health. | ○ Using knives safely to prepare a wide range of ingredients.<br>○ Using all parts of a cooker independently.<br>○ Using a range of hand-held kitchen equipment.<br>○ Using electrical equipment safely.<br>○ How to tell when food is thoroughly cooked.<br>○ Using techniques to present food.<br><br>The Keystage 3 Cooking and Nutrition Programme of Study:<br><br>**Cooking and nutrition**<br>As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.<br><br>Pupils should be taught to:<br><br>**Key stage 3**<br>▪ understand and apply the principles of nutrition and health<br>▪ cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet<br>▪ become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]<br>▪ understand the source, seasonality and characteristics of a broad range of ingredients. |