

Food and Nutrition – Our Food Journey

Year 8 2023/24



Recap of routines, healthy & safety.



Apple Swans

Sensory Analysis

Food Science



Breadmaking

Soda Bread



Speciality Bread

Pizza



Chocolate Brownies

Oat biscuits

Nutrition - Fats



Jam Tarts



Pasties

Mince Pies



Half term 1

Half term 2

Half term 3

Half term 4

Half term 5

Half term 6

Y9 creative choice?

Fairtrade

Sustainability, ethical reasoning.



Body Image

Body image; dysmorphia; anorexia & bulimia



Nutrition - Protein

Sweet and Sour chicken

Chilli



Alternative sources of protein

Banana Muffins
Vegetable Samosas
Savoury Rice

Milk

Macaroni Cheese

Homemade pasta

Ice Cream

Foods Around the World

Curry

Millefeuille

Mexican

