



Year 8

Pathway 2/3/4

Food Technology - Autumn Term

Learning Intention: Food Groups: Fruit and Vegetables

Students will be learning about fruit and vegetables this term. They begin to gain an understanding of the importance and value fruit and vegetables have in our diet. They will not only look into the nutritional value but how fruit and veg are grown. They have an opportunity to taste test exotic fruit and explore using their senses. They then go on to use a variety of fruit and veg to make different dishes where they can continue working on their culinary skills.

Key knowledge that should be learned during this SoW

All (Pathway 2)

Most (Pathway 3)

Some (Pathway 4)

Concept:

To understand the nutritional value of fruit and vegetables in our diet, learn how they are grown and cook dishes using this food group. Continue to build confidence in the kitchen and culinary skills.

Knowledge:

To be able to gain an understanding of different fruit and vegetables.

To gain a understanding of the process that fruit and vegetables are grown

To use a variety of skills whilst cooking with some support

To be able to state different fruit and vegetables

To understand the key process that fruit and vegetables need to grow

To use a variety of skills whilst cooking with little support

To confidently state a range of fruit and vegetables

To be able to distinguish the difference between fruit and vegetables

To use a variety of skills whilst cooking independently

Key Skills:

- Use the basic principles of a healthy and varied diet to prepare dishes

- To understand the different food groups

- Being to understand the importance of the different food groups

	<ul style="list-style-type: none"> • Understand where food comes from. 		
Language and/or communication skills:	<ul style="list-style-type: none"> • Fruit • Vegetable • Plant • Sun • Rain • Time 	<ul style="list-style-type: none"> • Plant • Stem • Root • Leaf • Flower 	<ul style="list-style-type: none"> • Nutrition • Vitamins/Minerals
Curricular Links	Links to other learning within the subject are: Science/Resistant Materials/ PSHCE/PE		