

Food and Nutrition Curriculum Year 8

Lesson	Lesson Title
1.	Nutrition Recall – The Eatwell Guide
2.	Enchiladas - Practical
3.	Food Commodities - Cereals
4.	Baked Oats - Practical
5.	Food Commodities – Milk, Cheese, Yogurt, Eggs
6.	Tunisian Brik - Practical
7.	Food Commodities – Meat, Poultry, Fish, Protein Alternatives
8.	Cheesy Bacon Flatbread - Practical
9.	Food Commodities – Fruit, Vegetables and Potatoes
10.	Breakfast Bars - Practical
11.	Seasonality and Sustainability
12.	Sausage Rolls
13.	Social Media – Influencers and the “Manosphere”
14.	Cinnamon Rolls - Practical
15.	Food Labelling and Nutritional Information
16.	Breakfast Muffins – Practical Assessment
17.	Ultra – Processed Foods
18.	Summative Assessment
19.	Red Velvet Cake