BRANNEL SCHOOL
EXCELLENCE | CREATIVITY | COMMUNITY

Curriculum Summary Document

Year 8 – Food & Nutrition

Mastering Skills and Making Informed Food Choices

Module/Unit of Learning	Taught During	What will students learn?	How does this help to build a broad and strong foundation?	Links to other Subjects
Understanding Nutrition, Energy and Key Ingredients	Autumn Term	Students revisit safe routines and hygiene before progressing to more complex preparation tasks. They deepen their understanding of nutrition and energy balance, learning how macronutrients and energy needs influence food choices. Practical dishes such as vegetable curry, apple cake and sausage rolls help students consolidate intermediate skills while exploring key UK-farmed commodities. Students apply developing confidence to recognise ingredient function and work with greater accuracy and consistency.	Students build secure routines in safe practice and develop stronger preparation skills. Increased understanding of nutrition and energy needs supports later theoretical and practical progression.	Oracy: developing precise spoken explanation Science: nutritional functions and biological changes in food Geography: sustainability, provenance and seasonality Mathematics: ratio and measurement English: interpreting instructions PSHE: healthy lifestyle choices
Applying Skills: Dishes, Factors Affecting Choice and Food Miles	Spring Term	Students extend their nutritional knowledge by exploring vitamins and how they support health. They prepare a wider range of dishes, including pasta and pancakes, refining timing, consistency and control. Students also study factors that influence food choice and use this understanding to justify decisions in practical contexts. Through learning about food miles and seasonality, students link consumer behaviour to environmental impact while applying skills to dishes such as pizza.	Students link nutrition, environmental awareness and practical skills, strengthening their ability to justify choices and evaluate outcomes using precise technical vocabulary.	
Provenance, Labelling and Independent Practical Skills	Summer Term	Students develop independence by preparing a range of sweet and savoury dishes that require accuracy and organisation. They learn about food provenance and the journey ingredients take from production to consumption. Students interpret food labels and nutritional information to make informed choices and evaluate products. Independence is strengthened through multiple practical opportunities, culminating in an end-of-year assessment where students plan, produce and evaluate a complete dish.	Students enhance independence and understanding of provenance and labelling, developing decision-making skills that support transition to more advanced KS3 and GCSE expectations.	