

Food Preparation and Nutrition – Year 8

Curriculum Intent

In Year 8, students build on the foundations established in Year 7 by developing greater independence, technical control and understanding of nutrition and food science. Through practical application and design thinking, students deepen their awareness of special diets, food provenance and sustainability while continuing to work safely and hygienically.

What Students Will Study Across the Rotation

Students continue to embed high standards of kitchen safety, hygiene and organisation while refining knife skills, control of heat and time management. Practical sessions encourage increasing independence and personal organisation.

Nutritional knowledge is extended through the study of special diets, including allergies, intolerances and ethical or cultural dietary choices. Students explore how ingredients can be adapted to meet different needs while maintaining nutritional balance. They also examine food provenance, seasonality and environmental considerations, developing awareness of the wider impact of food choices.

Food science processes such as gelatinisation, coagulation and fermentation are explored through practical cooking. Students respond to a semi-open design brief, applying their technical and nutritional knowledge to plan and produce a final outcome.

Assessment and Progression

Assessment includes practical performance, knowledge retrieval and a formal Design and Make task. Students are evaluated on technical accuracy, safe working and their ability to apply nutritional knowledge. By the end of Year 8, students demonstrate greater independence and deeper understanding, preparing them for more advanced study in Year 9.