

Assessment and Home learning overview		Year 8 Food Term 3
Assessment	Time	Assessment Details
You will be assessed on your theoretical knowledge and understanding shown in your booklets and in an assessment, along with your practical work.	Work through year.	<ol style="list-style-type: none"> 1. Assessment of booklet showing understanding 2. Written assessment in lesson at AP3. 3. Practical work. All these combine to create your grade.
Key online resources: https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&type=pdf		

Week	Date	Knowledge retrieval task	Activity/ Help resource
1&2	21/04/25	Theory Deeper knowledge Eat Well Guide. Develop and consolidate knife and cooking skills.	To explore what makes a healthy meal looking closely at macronutrients (carbohydrate, protein, fruit and vegetables, dairy and fat) Food provenance https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&type=pdf
5&6	04/05/25	Theory -Focus on key skills: Use the oven safely with support. Combine, mould and shape a kofta adapt to special dietary requirements. Where does our food come from Proteins amino acids micronutrients	Combine, mould and shape Food provenance https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&type=pdf
9&10	18/05/25	Theory Focus on nutrients special dietary requirements to adapt a recipe to the customer needs. Develop skills whisking, frying, measuring the correct consistency for a crepe.	Focus on nutrients special dietary requirements whisking frying. Measuring the correct consistency for a crepe Food provenance https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&type=pdf

13&14	08/06/25	Theory evaluation, allergies and intolerances, evaluating food and the different types of aeration, seasonal. Carbohydrates, starch and sugars	Seasonal foods, start to name the macronutrients and state why they are important in the diet. https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&type=pdf
17&18	22/06/24	Theory evaluation, allergies and intolerances, evaluating food and the different types of aeration, seasonal. LBV protein for vegetarian	Allergies and intolerances, evaluating food and the different types of aeration, seasonal. LBV protein for vegetarian https://www.fulwoodacademy.co.uk/attachments/download.asp?file=911&type=pdf