

# Year 8 Food Tech 2025 – 2026 Curriculum Map

## Autumn / Spring / Summer Term

### Health & Nutrition

[H&S](#) | [Hygiene](#) | [Eatwell Guide](#) | [Knife skills](#) | [Theory](#) | [Practical dishes](#) | [Special Diets](#)

- 1) AO1: Health, Safety and Hygiene. Knife cutting skills & fruit cutting.
- 2) AO3 – Practical fruit salad
- 3) AO1 Theory – healthy eating plate and vitamins. Starchy carbs and dairy & mac n cheese demo
- 4) AO3 - Practical – mac n cheese
- 5) AO1 – Theory – Video quiz & Demo scones & varied diets. Demo Scones.
- 6) AO3 - Practical – scones.
- 7) AO1 – Theory – Proteins and their function, quiz & vegetable and houmous wrap demo.
- 8) AO1 – Practical vegetable and houmous wrap.

Half Term Holiday

Teachers Week

- 9) AO1 - Theory – Raising agents & flour. Pizza dough making & pizza demo.

- 10) AO3 – Practical – Pizza

Holiday

Holiday

