

Learning Intention Year 8 Food Technology	Vocab	Concept	Retrieval	Success Criteria	Hinge questions for this lesson	Red Zone
Week 1:	Energy Balance	To investigate the relationship between physical activity and energy balance.	To list and explain the dietary needs of children and young people.	to be able to know the importance of energy in food		5 quick-fire questions on food and energy
Week 2:	Allergen Cultural Logo Symbol	To identify different special dietary needs (including food allergens, food intolerance, and religious/cultural needs).	Remember the logos of different allergies and intolerances	Knowing how food choices affect		Identify logos on a food packaging label.
Week 3:	Dietary Life stages	To outline why dietary needs change throughout life stages.	Name three special diets.	Knowing what stages of diet are required through life stages		Name five different dietary life stages.
Week 4:	Food choice Meal options	To investigate food choice, meal options and recipe kits available in	What is the difference between an allergen and an intolerance?	Understand how meal options affect our food options.		Exam question on food intolerance and allergy

		supermarkets or for home delivery				
Week 5:	Protein Energy	To explain the sources, types and functions of protein.	Name three types of macronutrients	Understanding the importance of protein in the diet		Identify a range of high and low-protein foods.
Week 6:	Micronutrients	To name the key micronutrients and state why they are needed in the diet.	Identify the micronutrients in a range of foods.	Be able to name all essential micronutrients		Identify micro nutrients on a dish recently made