

Subject	Year	Term
Food Preparation and Nutrition	Key stage 3	Spring 1
Topic/s		
Healthy eating		
Content (Intent)		
Prior Learning (Topic/s):		
World food		
Future Learning (Topic/s):		
Seasonal food		
What Knowledge or Skills will be Taught? (Implementation)	How will your Understanding be Assessed and Recorded (Impact)	
Knowledge	On Going Assessment	
Introduction to the Eat Well plate Government recommendations around food Food labelling	Weekly evaluation sheets Assessment grid feedback	
Skills	Formal Assessment	
Fruit and veg preparation Knife skills	Analysis of cooks and work completed	
SEMH Curriculum Knowledge & Skills	Assessment of SEMH Development	
Thinking about others. Emotional resilience, accepting constructive criticism. Self reflection	SEMH assessment sheet	
How Can Families Help at Home?		
Consider keeping a food diary, how healthy do you think you are? Are there any small easy changes you can make to your diet to eat a little healthier?		
Helpful Further Reading/Discussion (including Reading and Vocabulary Lists)		
Reading	Vocabulary Lists	
Cookery books Food blogs Food magazines		