



	Home Economics Y8
Term	Curriculum Outline
Autumn 1	<p style="text-align: center;">Topic: Breakfast</p> <ul style="list-style-type: none">• The origin of the word breakfast• Why it is important to eat breakfast• Energy input and output
Autumn 2	<p style="text-align: center;">Topic: Breakfast (Eggs)</p> <ul style="list-style-type: none">• Structure and nutritional value of eggs• The different methods of cooking eggs• Conditions hens are kept in• Types and labelling of eggs/boxes
Spring 1	<p style="text-align: center;">Topic: Traditional British Regional food</p> <ul style="list-style-type: none">• To be aware of where our food comes from• Using and sourcing locally available produce• Who grows what, where and when• Looking at traditional and emerging British dishes
Spring 2	<p style="text-align: center;">Topic: Traditional British Cheeses</p> <ul style="list-style-type: none">• Where cheeses come from• The properties of different cheeses• Uses of different cheese in cooking
Summer 1	<p style="text-align: center;">Topic: Outdoor Eating (Picnics and Barbeques)</p> <ul style="list-style-type: none">• To be aware that even casual meals can be healthy• Easy to eat food and portioned• How to wrap and transport food safely
Summer 2	<p style="text-align: center;">Topic: Outdoor Eating</p> <ul style="list-style-type: none">• How to check that food is cooked through• Keeping food at a safe temperature• The importance of keeping raw and cooked meat separate