

Year 8 Curriculum Overview [2026-2027]

Subject: Food Technology

1 Lesson a fortnight	Knowledge & Understanding			Literacy Skills Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]			
	• Health and Safety • Cross-contamination • Fats • Nutrition – water and dietary fibre, nutrients • Modification • Cooking methods	• Food storage and safety • Heat transfer methods • Sensory evaluation • Fats • Recipe modifications • Hydration – role of water • Vegetables • Laminating pastry • Macro – micro nutrients • Cross contamination	• Eatwell guide • Application of knife, hob & grill safety. • Measurements / weighing of ingredients • Disciplinary literacy	• Disciplinary literacy • Listening skills • Communication skills • Oracy	• Staying healthy • Listening • Following instructions • Time management • Team working • numeracy	• Health and safety and hygiene formative • Practical skills
Cathlocity across the Food curriculum.	Departmental Saint – Saint Martha – Patron Saint of Hospitality Creativity and service to others, through engaging students to design and create dishes which are adapted to improve the lives of those with different dietary / religious / allergy needs.					