

Home-School Learning Collaboration – Food Preparation and Nutrition

Topics in this cycle: Special Diets and Food Provenance	Taught: Autumn 2 2025	Year Group: 8
Key knowledge/concepts to be learnt ('Tell me about....')		Websites/blogs/YouTube links and further reading to deepen and consolidate learning
• What is Balance diet? • A balanced diet is a diet that contains differing kinds of foods in certain quantities and proportions so that the requirement for calories in the body. • What is special diet? • A special diet is one that cannot be selected freely from the main choices available. This could be due to an allergy, intolerance, or other medical need; or because children are following a religious or cultural diet; or a vegetarian or vegan diet. • What is lactose intolerance? • Lactose intolerance is a common digestive problem where the body is unable to digest lactose, a type of sugar mainly found in milk and dairy products. • What is a Celiac diet? Coeliac disease is a condition where your immune system attacks your own tissues when you eat gluten. • What is an allergy? • A food allergy is where your body reacts to certain foods. It's often mild but can be very serious for some people. • What is an intolerance? • A food intolerance is when you have difficulty digesting certain foods or ingredients in food. • What is food provenance? Food provenance is the term we use to describe the origins of our food such as where it has been grown, raised or caught. • Food miles: That journey – the distance between where something is grown to where it's eaten. • Primary Process: Primary processing is the conversion of raw materials into food commodities – for example, milling wheat into flour. • Secondary Process: Secondary processing is when the primary product is changed to another product – for example, turning wheat flour into bread. • Factors affecting Food choices: Social, economical, cultural, environmental • Seasonality: Seasonal food is fresh food that is ready to eat during its preferred season. • Fairtrade: trade between companies in developed countries and producers in developing countries in which fair prices are paid to the producers. • Food waste: refers to food that is fit for consumption but consciously discarded at the retail or consumption phases. • Food Labelling: any tag, brand, mark, pictorial, or other descriptive matter, written, printed, stencilled, marked, embossed or impressed on, or attached to, a container of food or food product.		Special Diets www.disabled-world.com/fitness/diets/special/ Food Provenance Food provenance - Food provenance – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize Food Allergy and Food Intolerance Microsoft Word - Difference Between Allergy Sens & Intol.docx (advancingmilestones.com) Food Miles Home (foodmiles.com) Food Processing https://www.bbc.co.uk/bitesize -primary and secondary processing of food. Food Choices https://cns.ucdavis.edu/sites/g/files/dgvnsk416/files/inline-files/fof_lesson_7_final.pdf Food Waste Love Food Hate Waste Food Waste prevention Food Labelling Food labelling - Food and nutrition NHS inform

Home-School Learning Collaboration – Food Preparation and Nutrition

Key Vocabulary and Definitions To Be Learnt		What Will The Assessment Look Like?
Lactose Intolerant	Lactose intolerance is a common digestive problem where the body is unable to digest lactose, a type of sugar mainly found in milk and dairy products. The body does not produce enough lactase enzyme to digest the sugar lactose in mil and dairy product	Extended writing – are GMO good for you? BASE exam in Autumn 1 and Summer 2: - Time :50 minutes - Short answer questions - Extended writing
Food Provenance	Food provenance is the term we use to describe the origins of our food such as where it has been grown, raised or caught.	
Free range	kept in natural conditions, with freedom of movement. "a free-range, corn-fed chicken"	
Gluten Intolerants	A condition where your immune system attacks your own tissues when you eat gluten.	
Hazard	Any agent with the potential to cause adverse health consequences for consumers.	
Food miles	The miles over which a food item is transported during the journey from producer to consumer, as a unit of measurement of the fuel used to transport it.	Family Learning Opportunities Create your own vegetarian dish at home. How to Go Vegan Guide to Going Vegan (vegansociety.com) Research rates of deforestation around the world and the impact it has. https://www.youtube.com/watch?v=rZxxWDiVLuM+ Devise a quiz on Food provenance and food miles.
Sustainability	A sustainable food system is a type of food system that provides healthy food to people and creates sustainable environmental, economic and social systems that surround food.	
Additives	Food additives are ingredients that are added to foods to carry out functions.	
Biodegradable	Biodegradable essentially means that an item can be broken down into increasingly smaller pieces by bacteria, fungi or microbes to be reabsorbed by the surrounding environment, ideally without causing any pollution.	
Special Diets	A special diet is one that cannot be selected freely from the main choices available.	
Calorie (Kcal)	The amount of energy in an item of food or drink is measured in calories.	
GMO foods	A GMO, or genetically modified organism, is a plant, animal, microorganism, or other organism whose genetic makeup has been modified in a laboratory	
High Risk Foods	Foods that are ready to eat, foods that don't need any further cooking, and foods that provide a place for bacteria to live, grow and thrive are described as high-risk foods.	