



## Year 8 Food and Nutrition Kai Tōtika - Programme of Learning

**Structure:** Two lessons a week for eighteen weeks. There is a mix of nutrition theory and practical cookery lessons. Key competencies and the Rangi Graduate dispositions and values are embedded in all learning activities.

**Rationale:** A sense of satisfaction and achievement can be developed as ākonga experience different ways in which food can enhance the wellbeing of themselves and their family. Ākonga have the opportunity to participate in purposeful activities of a practical nature and develop problem solving skills, individually and collaboratively. Skill in appropriate techniques and processes helps ākonga become confident to experiment with new ideas when working with food.

**Learning Objectives:**

- Use and operate kitchen equipment correctly and safely
- Develop knowledge and understanding of the role fruits and vegetables play in a healthy, balanced diet
- Select and prepare food to reflect health enhancing attitudes towards nutrition
- Identify and use safe practices in food preparation activities
- Work co-operatively with peers to achieve effective and positive outcomes which enhance wellbeing.

Topic framework	Progress outcomes	Evidence of learning	Resources
<p><b>Fantastic Fruits and Vegetables</b></p> <p>One hour per week for recipe explanation, teacher demonstration and theory task, second hour per week for ākonga practical cookery.</p>	<p><b>Understand</b></p> <ul style="list-style-type: none"> <li>• I understand the Healthy Heart food model and four food groups</li> <li>• I understand the Te Whare Tapa whā model of wellbeing.</li> </ul> <p><b>Know</b></p> <ul style="list-style-type: none"> <li>• I know 5+ serves of vegetables and 2 serves of fruit a day is recommended by the Ministry of Health</li> <li>• I know how to read and follow a recipe to achieve a high-quality outcome</li> <li>• I know the main nutrients in fruits and vegetables and how they enhance our physical wellbeing</li> <li>• I know that food enhances social, spiritual, and emotional wellbeing and must be treated with respect</li> <li>• I know the importance of a healthy breakfast and dried cf fresh fruits sugar content and serving sizes</li> </ul> <p><b>Do</b></p> <ul style="list-style-type: none"> <li>• I can use knives, utensils, and small appliances safely</li> <li>• I can use the oven and microwave</li> <li>• I can work co-operatively with my partner to achieve high quality food products in a set time frame</li> <li>• I can adapt recipes, so they meet my dietary needs</li> <li>• I can plan a colourful salad using seasonal vegetables and evaluate it</li> </ul>	<p>Teacher reflections</p> <p>Ākonga involvement in discussions and activities</p> <p>Practical performance</p> <p>Ākonga reflections</p> <p>One-Note tasks</p>	<p>On OneNote</p>