

Year 8 Balanced Diet OVERVIEW

Lesson		
1. Beginning test/ safety		
2. Eat Well Plate		
3. Tomato sauce and pasta demo		
4. Eat Well Plate lesson 2		
5. Pasta practical		
6. Mac and cheese demo		
7. Eat Well Plate lesson 2		
8. Mac and cheese practical		
9. Stir fry demo		
10. Fruit and veg leaflet		
11. Stir fry practical		
12. Savoury rice demo		
13. Fruit and veg leaflet		
14. Savoury rice practical		
15. Soup demo		
16. Fruit and vegetable advert		
17. Soup practical		
18. Smoothie demo/advert		
19. Carbohydrate theory flashcards		
20. Smoothie Practical		
21. Supersize vs superskinny		
22. Carbohydrate test and protein theory		
23. Burger demo		
24. Meat placemat		
25. Burgers practical		
26. Meat placemat		
27. Veggie burger demo		
28. Review, revise and reflect lesson		
29. Veggie burger practical		
30. Curry demo		
31. Curry practical		
32. Vegetarianism		
33. Sausage mash and veg demo		
34. Planning own make		
35. Sausage and mash practical (bring in own veg)		
36. Planning own make		
37. Own make prep		
38. Own make practical		
39. Review		