



Huish Episcopi Academy
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Part of United Learning

Knowledge Organisers

Year 8

Autumn Term 2

Name:

Tutor Group:

Respect

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Ambition

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Resilience

Huish Episcopi Academy Year 8 English Knowledge Organiser – Dracula

Key Vocabulary	
1	feminism The belief that women should be allowed the same rights, opportunities, and power as men.
2	grotesque Repulsively ugly or distorted, especially in a comical or frightening way.
3	insidious Something dangerous or unpleasant gradually and secretly causing harm.
4	macabre Disturbing because concerned with or causing a fear of death.
5	malignant Evil in nature; malevolent.
6	New Woman A feminist ideal that became popular in the late 19 th century and defined women as independent, physically adept, mentally acute and able to work, socialize and study on a par with men.
7	redemption The action of saving, or being saved, from sin, error or evil.
8	repulsion A feeling of intense distaste or disgust.
9	supernatural Something that cannot be explained by the laws of science and that seems to involve otherworldly beings such as gods or magic.
10	superstition The belief that particular events cannot be explained by reason or science and/or the belief that particular events bring good or bad luck.

Key Terminology	
11	Gothic fiction Refers to a style of writing that is characterised by elements of fear, horror, death, gloom and extreme emotions.
12	Epistolary novel A novel written as a series of documents, usually in the form of letters, although newspaper clippings, diary entries and other documents can be used.
13	characterisation A literary device in which a writer develops a character.
14	mood The feel or atmosphere perceived by a reader in a piece of literature.
15	symbolism The use of symbols to express ideas or qualities.

Key Context	
16	The gothic genre - The gothic genre became popular in the late 18th & 19th centuries, during a time of great discovery and change. - Gothic novels emphasise mystery, horror and the uncanny. 'The gothic sensibility in literature is seen by some as an attempt to deal with the feared and unknown consequences of social change.' (Steve Roberts, University of Brighton)
17	Setting Typical gothic settings are: medieval castles, old graveyards, crumbling buildings, gloomy chambers, dark forests and wild, strange or dangerous locations.
18	Era 'Dracula' was written at the end of the 19th century in the Victorian era. - Queen Victoria was at the end of her reign. - This was a time of uneasiness and reflection.

Huish Episcopi Academy Year 8 SCIENCE Knowledge Organiser THE PERIODIC TABLE

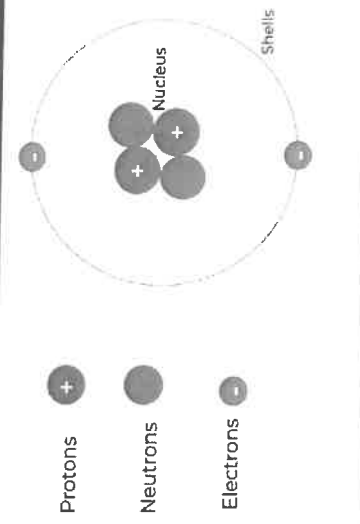
UNIT 1. The Periodic Table key terms

1	Atom	The smallest part of an element
2	Element	Made of 1 type of atom only e.g. gold
3	Compound	2 or more elements chemically combined e.g. water (H ₂ O)
4	Mixture	2 or more elements and/or compounds not chemically combined e.g. salt in water
5	Conservation of mass	Mass of reactants equals mass of products, mass cannot be created or destroyed
6	Reactants	Chemicals that react together – left side of equation
7	Products	Chemical that are produced from a reaction – right side of equation
8	Periodic table	Where elements are arranged in order of atomic number
9	Group	Vertical columns on the periodic table; tells you the number of electrons in an atom's outer shell
10	Period	Rows on the periodic table, tells you the number of shells an atom has
11	Sub-atomic particle	Particles that make up an atom – protons, neutrons and electrons
12	Mass number	Total number of protons and neutrons in an atom
13	Atomic number	The number of protons in an atom. The number of protons is the same as the number of electrons
14	Electronic configuration	A set of numbers to show how the electrons in an atom are arranged in shells – 2, 8, 8, 2
15	Molecule	A small number of atoms bonded together

UNIT2. Sub-atomic particles

Name	Mass	Charge
Proton	1	+1
Neutron	1	0
Electron	Very small	-1

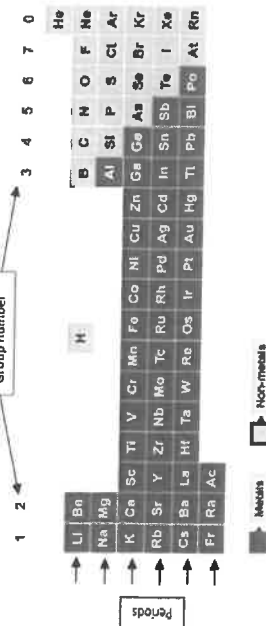
Structure of an Atom



UNIT 1. Groups of the periodic table

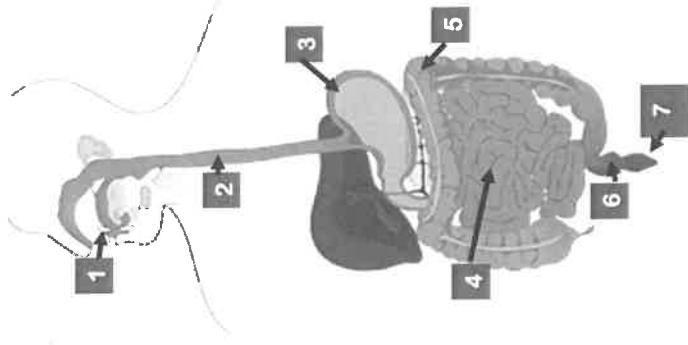
Group number	Name of group	Reactivity
Group 1	Known as the alkali metals	Increase in reactivity as you go down the group, due to electrons being more easily transferred. 1 electron on the outer shell
Group 7	Known as the halogens	Decrease in reactivity down the group, due to electrons being harder to gain. 7 electrons on the outer shell
Group 0	Known as the noble gases	Unreactive, do not form molecules, as have a full outer shell of electrons

Relative Atomic Mass number
 7
Li
 lithium
 3

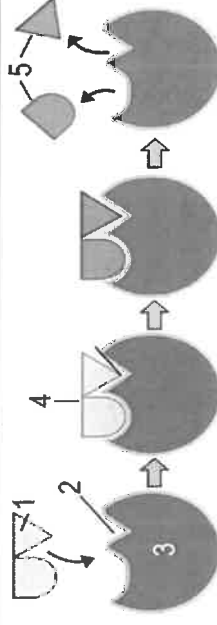


Huish Episcopi Academy Year 8 SCIENCE Knowledge Organiser THE DIGESTIVE SYSTEM

UNIT 4. Parts of the digestive system	
1	Mouth Mechanical digestion by chewing. saliva from salivary glands, contains the enzyme amylase
2	Oesophagus Muscular tube which moves ingested food to the stomach by peristalsis
3	Stomach Mechanical digestion by churning. cells in the lining of the stomach release acid to kill bacteria and produce the enzyme protease
4	Small intestine Large molecules are broken down into small soluble molecules. Has a large surface area; good blood supply and thin membranes to increase absorption into the blood
6	Large intestine Water absorbed into the blood stream
6	Rectum Stores faeces
7	Anus Ring of muscle allowing faeces to exit the body



UNIT6. Enzymes		
Number	Organ	
1	Substrate	
2	Active site	
3	Enzyme	
4	Enzyme-substrate complex	
5	Products	



UNIT 7. Nutrition	
Nutrient	Function
Carbohydrate	Quick release energy
Protein	Growth and repair
Fat	Energy store, insulation and protection of organs
Vitamins and minerals	Maintain health e.g. calcium for strong teeth and bones
Fibre	Helps digestive system run smoothly, by helping the food to pass through the gut

UNIT 5. Food tests		
Food group	What we use	Method
Starch	Iodine	Add a few drops of iodine to the food sample. It will go from orange / brown to blue / black in the presence of starch
Sugars	Benedict's	Add benedict's solution to the food sample, heat in a hot water bath. If sugars are present it will turn from blue to brick red
Proteins	Biurets	Add biurets to the food sample. It will go from blue to lilac
Lipids	Ethanol and water	Add ethanol to the food sample and shake, add water and shake. If present the solution will go from clear to cloudy white

Huish Episcopi Academy Year 8 Religious Education Knowledge Organiser Unit 1 Islam

1. Islamic terms	
1	Allah
2	calliphate
3	Five Pillars
4	Hadith
5	Islam
6	Islamophobia
7	Greater Jihad
8	Lesser Jihad
9	Prophet Muhammad
10	Qur'an
11	Revelation
12	Shia
13	Sunni
14	Sunnah
15	Tawhid
16	Ummah

2. Important events	
1	Pre-Islamic Arabia
2	Night of Power
3	Hijrah
4	Conquest of Mecca
5	Sunni/Shia split
6	The Final Sermon
7	Hajj

A polytheistic society.
Made up of many tribes.
Idols kept at the Holy Place of the Ka'ba.

The Angel Jibril first revealed the messages of the Qur'an.

Migration of Muslims from Mecca to Medina – considered to be the start of the religion.

Muhammad peacefully reclaimed Mecca by uniting the tribes (Ummah) and using an army of 10,000 with fires/torches.

A division in Islam which occurred after the death of the Prophet Muhammad about who should lead the Ummah.

Muhammad delivered his final sermon on Mount Arafat (outside Mecca).
- Respect for all humanity. "All mankind is from Adam and Eve"
- Honour the rights of women.
- Fight Poverty.
- Obey the Qur'an fully.

One of the Five Pillars of Islam – pilgrimage to Mecca in Saudi Arabi – the holiest of cities.

Huish Episcopi Academy Year 8 History Knowledge Organiser – the Elizabethans

Key Terms	
1	Act of Supremacy Elizabeth became supreme governor of the Church
2	Act of Union Established the appearance of churches and types of service
3	Anglicanism The religion of the Church of England
4	Armada A fleet of warships
5	Counter-reformation The conversion of the Church back to Catholicism
6	Papal Bull An order from the pope
7	Priest hole A hiding place for a priest
8	Propaganda A biased piece of information
9	Puritans A group of extreme Protestants
10	Recusants Someone who refuses to submit to authority
11	Turning point A moment of significant change
Key Individuals	
13	Edward VI Protestant King of England from 1547-1553
14	Mary I Catholic Queen of England from 1553-1558
15	Elizabeth I Protestant Queen of England from 1558-1603

Key Individuals	
16	Mary Queen of Scots Catholic cousin of Elizabeth
17	Phillip II King of Spain
Key Dates	
19	1559 Act of Uniformity and Supremacy passed
20	1570 Papal Bull declaring Elizabeth a heretic
21	1571 Ridolfi Plot
22	1583 Throckmorton Plot
23	1586 Babington Plot
24	1588 Spanish Armada

Huish Episcopi Academy Year 8 Geography Knowledge Organiser Unit 2 Population

Population distribution	
1	Population distribution How the population is spread out in a country
2	Population density The number of people per km ²
3	Sparsely populated Very few people live in an area
4	Densely populated A lot of people live in an area
5	Factor A reason why people do or do not live in a place.
Population growth	
1	Birth rates The number of births per 1000 people
2	Death rate The number of deaths per 100 people
3	Natural increase When birth rate is higher than death rate
4	Infant mortality Number of babies that die before their first birthday per 1000
5	Life expectancy The average number of years a person is expected to live
6	The demographic transition model (DTM) A graph showing how population changes over time
7	Population pyramid A graph to show the structure of a population
8	Population structure How many males and females there are in a country and how many people there are in each age group
9	Economically active 16-65 age group, working age and can provide taxes.
10	Elderly/young dependants Under 16's and 65+ age range, rely on the working age for support via taxes.

Ageing population	
1	Ageing population When a country has a high number of elderly dependants
2	Reasons people are living longer Improvements in healthcare, diet and fitness
3	Disposable income Money you have left over you have paid all bills
4	Grey pound Term used to describe the disposable income pensioners have to spend
5	State pension Money people receive from the government when they reach 68
6	Social care Carers and care homes that look after elderly people

Migration	
1	Migration The movement of people from one country to another
2	Source country Where the migrants have moved from e.g Poland
3	Host country Where the migrants have moved to e.g UK
4	Push factor Negatives which cause people to move
5	Pull factor Positives that attract people to a place
6	Economic migrant A person who moves for work or higher wages
7	Benefit Advantages that migrants bring to a country e.g paying tax and doing jobs that others do not want to do
8	Problem Perceived issues with migrants such as pressure on the NHS and housing shortages in some areas

¿Dónde te gusta hacer en tu tiempo de ocio?		
1	Me gusta +inf.	I like
2	Me chifla	I like /I'm keen on
3	Me encanta	I love
4	Me vuelvo loco por	I am mad about
5	Me apasiona	I am passionate about
6	Porque lo encuentro	Because I find it
7	emocionante	exciting

¿Qué planes tienes?		
1	Me gustaría salir	I would like to go out
2	Hay un concierto el sábado	There is a concert on Saturday
3	En mi tiempo libre/de ocio	In my free / leisure time
4	Soy aficionado/a de	I am a fan of
5	El fin de semana pasado	Last weekend
6	Fuimos a	We went to
7	Asistí a	I attended
8	Jugué al fútbol/ hockey /rugby	I played football. Hockey /rugby
9	Fui de compras	I went shopping
10	Fui a la bolera	I went bowling
11	Salí con mis amigos	I went out with my friends
12	Quedamos en	We met in
13	Comimos	We ate
14	Bebimos	We drank
15	Lo pasamos bomba	We had a great time
16	Fue una experiencia	It was an experience
17	Inolvidable	Unforgettable

¿Adónde quieres ir?		
1	¿Quieres ir al cine conmigo?	Do you want to go to the cinema with me?
2	Ponen una película buena	There's a good film on
3	(No) me apetece ir	I (don't) feel like going
4	Lo siento, no puedo	Sorry I can't
5	Me parece buena idea	It seems like a good idea to me
6	No tengo tiempo/dinero	I have time/money
7	¿Quedamos a las ocho?	Shall we meet at 8?
8	Comprar las entradas	To buy the tickets
9	La taquilla	The ticket office



¿Qué quieres tomar?		
1	Para mí	For me
2	De primer plato	As a first course
3	De segundo plato	As a second course
4	De postre	For dessert
5	De bebida	To drink
6	Yo quisiera	I would like
7	Me gustaría	I would like

¿Que tipo de música te gusta?		
1	Me encanta	I love
2	La música pop	Pop music
3	La música rock	Rock music
4	La música techno	Dance music
5	La música electrónica	Electronic (dance) music
6	La música clásica	Classical music
7	La música folclórica	Folk music
8	La música rap	Rap music

¿Qué tipo de película te gusta?		
1	Me encantan las películas de x	I like x films
2	De miedo / terror	horror
3	De risa	funny/comedies
4	De acción	Action
5	De amor	Love
6	Históricas	historical
7	De dibujos animados	cartoon
8	De Pixar	Pixar
9	De ciencia ficción	Science fiction
10	De intriga	Spy
11	Detectives/ de crimen	crime
12	Mi actor favorito es	My favourite actor is
13	Mi actriz favorita se llama	My favourite actress is called
14	Aburrido	boring
15	Demasiado largo	Too long
16	Emocionante	exciting
17	Espeluznante	terrifying

Huish Episcopi Academy Year 8 Knowledge Organiser Term 3 les loisirs

1. Les activités		
1	Écouter de la musique	To listen to music
2	promener mon chien	To walk my dog
3	bavarder sur mon portable	To chat on my phone
4	regarder une émission de télé	To watch a programme on TV
5	sortir avec mes amis	To go out with my friends
6	jouer du piano	To play the piano
7	aller au cinéma	To go to the cinema
8	faire de la gymnastique	To do gymnastics
9	jouer aux jeux vidéo	To play video games
10	Lire un livre	To read a book

Les opinions		
1	C'est	It is
2	Ce n'est pas	It isn't
3	Ils sont	They are
4	Ils ne sont pas	They aren't
5	Intéressant(e)	Interesting
6	Informatif/ informative	informative
7	Éducatif /éducative	educational
8	Ennuyeux/ennuyeuse	boring
9	Diversifiant(e)	entertaining
10	Amusant (e)	funny

3. Les programmes et les films		
1	Les infos	The news
2	Un documentaire	A documentary
3	Un feuilleton	A soap opera
4	Un jeu télévisé	A game show
5	Une émission de télé-réalité	To go out with my friends
6	Une émission de sport	A sports programme
7	Une série	A serie
8	une comédie	A comedy
9	un film de science-fiction	A sci-fi film
10	Un film fantastique	A fantasy film
11	Un film d'action	An action film
12	Un film historique	An historic film
13	Un film d'horreur	A horror film

2. Les opinions		
1	J'aime	I go/ I am going
2	Je déteste	You go / you are going (singular)
3	Je n'aime pas	He goes/he is going
4	J'adore	She goes/ she is going
5	Je préfère	We go/ we are going

Huish Episcopi Academy Year 8 Knowledge Organiser Term 2.2 invitation et une fête

4. Une invitation	
Tu veux aller....?	Do you want to to....?
Oui, bonne idée	Yes, good idea
Je veux bien	I want to/ I'd like to
D'accord	OK
Bof	Meh (not bothered)
Peut-être	Maybe
Je n'en ai pas envie	I don't want to
Non, je ne peux pas	No, I can't
Non, je suis désolé(e)	No, I'm sorry
À quelle heure..?	What time?
À huit heures	At 8 o'clock
A huit heures et demie	At 8:30/ half past eight
a huit heures et quart	At 8:15 / at quarter past eight

5. Les vêtements		
1	Je porte	I wear
2	Je voudrais porter	I would like to wear
3	Un pantalon	trousers
4	Un jean	jeans
5	Un costume	A suit
6	Une robe	A dress
7	Une jupe	A skirt
8	Une chemise	A shirt
9	une veste	A jacket
10	Des baskets	trainers
11	Des chaussures	shoes

6. Aller present tense		
1	Je vais	I go/ I am going
2	Tu vas	You go / you are going (singular)
3	Il va	He goes/he is going
4	Elle va	She goes/ she is going
5	On va	We go/ we are going
6	Nous allons	We go/we are going
7	Vous allez	You go/ you are going (plural)
8	Ils vont	They go/ they are going (feminine)
9	Elle vont	They go/ they are going

8.Les connectifs		
1	D'abord	first
2	aussi	also
3	Et	and
4	puis	then
5	après	after
6	ensuite	next
7	finalement	finally

7. Les verbes		
1	Porter	To wear
2	fêter	To celebrate
3	manger	To eat
4	boire	To drink
5	danser	To dance
6	chanter	To sing
7	prendre	To take
8	écouter	To listen
9	organiser	To organise

YEAR 8 – German – Knowledge Organiser – HALF-TERM 2

Was machst du gern in deiner Freizeit? - What do you like doing in your free time?	
In meiner Freizeit...	In my free time?
Ich (+ PRESENT VERB) gern	I like...
Ich spiele gern Fußball	I like playing football
Ich gehe nicht gern schwimmen	I don't like going swimming
seit ... Jahren	for ... years
Was machst du dieses Wochenende? - What are you doing this weekend?	
Dieses Wochenende...	This weekend...
... spiele ich Tennis	... I am playing tennis
... gehe ich reiten	... I am going riding
Möchtest du am Samstag ausgehen? - Do you want to go out on Saturday?	
Möchtest du... (+ INFINITIVE VERB)?	Do you want (to)...?
... mit mir ausgehen?	...go out with me?
am Samstagnachmittag / am Samstagabend	on Saturday afternoon / on Saturday evening
Um wieviel Uhr?	At what time?
Um acht Uhr / um halb neun	At eight o'clock / At half past eight
Ja, gute Idee	Yes, good idea
In Ordnung	OK
Vielleicht	Maybe
Ich habe keine Lust dazu	I don't feel like it
Es tut mir Leid. Ich kann das nicht.	Sorry, I can't



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■ Respect

■ Enthusiasm

■ Determination

Was siehst du lieber im Fern? - Was do you prefer watching on TV?	
Ich sehe lieber...	I prefer to watch
Ich sehe gern ...	I like to watch
die Nachrichten	the news
Seifernopern	soap operas
Gameshows	game shows
(amerikanische) Serien	(american) Series
Realityshows	reality programmes
Sportsendungen	sports programmes
Was für Filme siehst du gern?	
historische Filme	What type of films do you like to watch?
historische Filme	historic films
Aktionfilme	action films
Sciencefictionfilme	science fiction films
Dokumentarfilme	documentary films
Komedien	comedies
Horrorfilme	horror films
Magst du...?	Do you like...?
Was ist deine Lieblingssendung?	What is your favourite programme?
Meine Lieblingssendung ist...	My favourite programme is...
Das ist...	That is...
Sie sind...	They are...

AUSGEHEN UND ZU HAUSE BLEIBEN – Going Out and Staying In

YEAR 8 – German – Knowledge Organiser – HALF-TERM 2

Was für Musik hörst du gern? - What type of music do you like to listen to?

Ich höre (nicht) gern...	I (don't) like to listen (to)...
Ich höre lieber...	I prefer to listen (to)...
Rapmusik / Rockmusik / Popmusik	rap / rock / pop
Mein Lieblingssänger ist...	My favourite singer (m.) is...
Meine Lieblingssängerin ist...	My favourite singer (f.) is...
Meine Lieblingsgruppe ist...	My favourite group is...
die Texte	the lyrics
die Melodie	the melody

Los geht's zur Party! - Let's go to the party!

Was kaufst du?	What are you buying?
Ich kaufe...	I am buying...
Was trägst du zur Party?	What are you wearing/bringing to the party?
Ich trage...	I am wearing/bringing...
...Schmuck	jewellery
...eine Hose	trousers
...Jeans	jeans
...einen Anzug	a suit
...ein Kleid	a dress
...einen Rock	a skirt
...eine Jacke	a jacket
...ein Hemd	a shirt
...Sportschuhe	trainers

Rollenspiele – Role plays

Kann ich Ihnen helfen?	Can I help you?
Im Geschäft	In the shop
Haben Sie...?	Do you have...?
...einen Spiegel	a mirror
...andere Größe?	another size
Welche Größe möchten Sie?	Which size do you want?
Ich möchte...	I would like...
etwas größer / kleiner	something bigger / smaller
Wo ist / sind...?	Where is/are...?
Was kostet das?	How much does that cost?
Das kostet...	It costs...
Im Restaurant	At the restaurant
Wieviele Personen?	How many people?
ein Tisch für zwei / drei Personen	a table for two / three people
bitte / danke	please / thank you
Darf ich bitte die Speisekarte sehen?	May I please see the menu?
Ich habe keine Gabel / kein Messer / keinen Löffel	I don't have... a fork / a knife / a spoon
Es gibt ein Problem	There is a problem
...das Essen	food
...die Kuchen	a cake
...die Chips	crisps
...die Butterbrötchen	sandwiches
...die Schokolade	chocolate
...die Getränke	drinks



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AUSGEHEN UND ZU HAUSE BLEIBEN – Going Out and Staying In

Huish Episcopi Academy Year 8 Music Knowledge Organiser Unit 1 Tonality and Structure

Section 1	
1	Scale
2	Chord
3	Flat
4	Sharp
5	Major scale
6	Minor scale
7	Pentatonic scale
8	Chromatic scale
9	Structure
10	Binary
11	Ternary
12	Theme
13	Variation
14	Articulation

Notes put in ascending or descending order of pitch

Two or more notes played at the same time

Lower in pitch by half a note. On a keyboard this is the black note to the left of the named note

Higher in pitch by half a note. On a keyboard this is the black note to the right of the named note

Brighter sounding notes in ascending / descending order of pitch

Darker sounding notes in ascending / descending order of pitch

Five note scale typical in Eastern European music

Notes moving half a note at a time in ascending / descending order of pitch

The order of the different sections of music

Piece of music with two different parts AB

Piece of music with three different parts ABA

The original musical idea with either a catchy melody or a strong rhythm

Changed versions of the theme

Sound quality of each note~: legato is smooth; staccato is short and spiky and accent is emphasised

Section 2	
Treble clef notation	Treble Clef Symbol
Section 3	
Keyboard letter names	
Right hand finger positions	

Huish Episcopi Academy Year 8 Drama Knowledge Organiser UNIT 1: Devising from a Stimulus

UNIT 1: Devising from a Stimulus

Section A		
1	Stimuli	Anything that inspires or provokes a creative response
2	Marking the Moment	Where a significant moment in a performance is highlighted for emphasis
3	Thought Track	Where an actor steps out of a scene to speak their character's thoughts aloud
4	Hot Seating	Where an actor, in character, is questioned by the rest of the group
5	Soundscape	The use of sounds to create an atmosphere or setting in a performance
6	Choral Speech	Where a group of actors speak the same thing at the same time
7	Flashback	A scene that takes the audience back in time from the current point in the story
8	Flashforward	A scene that moves the action forward in time, showing events that will happen later in the story
9	Naturalistic	A style of drama that aims to create a realistic representation of life
10	Non-Naturalistic	A style of drama that is more abstract and stylised
Section B		
1	Projection	How loud or quiet your voice is
2	Pitch	How high or low your voice is
3	Pace	The speed at which an actor delivers their lines or performs their actions
4	Emphasis	The stress or importance placed on certain words or phrases in dialogue
5	Tone	The emotion shown in your voice
6	Gesture	Movements of the hands, arms, or body that express ideas or emotions
7	Eye Contact	Looking directly into another character's eyes, or avoiding this
8	Facial Expression	Movements of the facial muscles to convey emotions and reactions
9	Posture	The way an actor holds and positions their body
10	Body Language	The non-verbal communication conveyed through an actor's movements

Huish Episcopi Academy Year 8 Textiles Knowledge Organiser - Project 1 Smart materials

1. Project context	
1	Design Movement A design movement is a style in art and design followed by a group of artists and designers for a period of time .
2	Designer A person who plans the design of a product prior to it being made.
3	Art Deco Art deco is a design style from the 1920s and 1930s characterised by its geometric shapes.
4	Arts and Crafts The Arts and Crafts movement emerged in mid-19th century Britain. Using traditional craftsmanship , inspired by natural, romantic, or folk styles of decoration.
5	Art Nouveau A style of art that flourished between 1890 and 1910 . Often inspired by natural forms .

2. Materials and techniques	
1	Neoprene Neoprene is a synthetic rubber that's often used to make wetsuits.
2	Block printing A pattern is cut from foam , glued to a block and then a covering of ink is stamped onto fabric.
3	Foam A thin EVA(ethyl vinyl acetate) material that can easily be cut into shapes and used for block printing .

3. Smart fabrics	
1	Smart textiles Smart textiles can sense, react & adapt to the conditions around them.
2	Technical textiles Technical textiles are fibres & fabrics developed for their performance, and functional properties .



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4. Block Printing (Stages of Making)		
1	Stage 1	Draw a design onto tracing paper
2	Stage 2	Transfer design to foam and cut out
3	Stage 3	Lay foam design onto cardboard
4	Stage 4	Glue foam onto cardboard with PVA glue
5	Stage 5	Using a roller, apply fabric paint to the foam design
6	Stage 6	Print design onto fabric or paper (repeat from stage 5 if required)

Diagram A - Block Printing (Stages of Making)

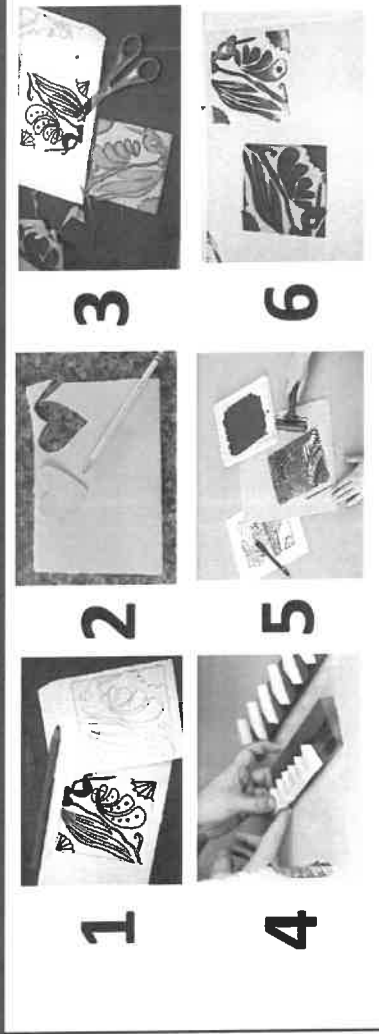


Diagram B – Art Deco / Arts & Crafts / Art Nouveau



Huish Episcopi Academy Year 8 Food Preparation & Nutrition Knowledge Organiser – Fats

1. Fats	
1	Macronutrient Fat is a macronutrient – it is essential for a balanced diet.
2	The Functions of Fats Provide energy, to insulate the body, making all body cells, protecting vital organs such as kidneys, to provide fat-soluble vitamins A,D,E,K, providing essential fatty acids.
3	Saturated Fats These are solid at room temperature. Generally found in animal products such as red meat, butter, ghee, cream, hard cheese and eggs. Coconut oil and palm oil are also saturated fats.
4	Unsaturated Fats These are liquid at room temperature. Eating unsaturated fats instead of saturated is recommended. Unsaturated fats are found in oily fish such as salmon, sardines & mackerel, nuts and seeds, sunflower and olive oils.
5	Health risks Consuming too much fat is associated with health risks including: Weight gain/obesity. Blocked arteries, Coronary Heart Disease (CHD)
6	Cholesterol A fatty substance which is needed for normal functioning of the body. Cholesterol is an essential part of cell membranes and helps with the digestion of fats. Cholesterol is made by the body but it is also found in fatty foods. Eating foods that are high in saturated fat will raise cholesterol in the blood.
7	Essential Fatty Acids Omega 3 and omega 6 are two polyunsaturated fatty acids that are very important for health. They are called essential fatty acids. Essential fatty acids must be eaten in the diet because the body can't not make them.
8	Invisible fat This is fat that is not clearly seen in food, for example crisps, biscuits, cakes and ice cream.

Diagram A – How to reduce fat intake

How can an individual reduce their fat intake?

- Compare food labels, choose lower fat options.
- Grill, bake, poach or steam instead of roast or fry.
- Trim excess fat (rind) and skin.
- Choose leaner cuts of meat or lower % fat mince, for example.
- Include more vegetables in meat dishes to make food portions go further.

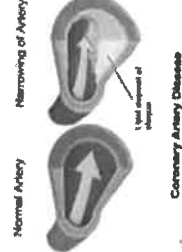


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Diagram B – Health Risks

fat:

- Weight gain/Obesity
- Blocked arteries
- Coronary Heart Disease (CHD)



Coronary Artery Disease

2. Function of fats in cooking	
1	Aeration Is where air is trapped in a mixture. Example: (making a cake) the fat and sugar are creamed together, trapping air (aeration) the mixture becomes paler. An air-in-fat foam is formed. During baking: trapped air expands, and the cake rises.
2	Shortening Is where fat coats the flour particles, preventing absorption of water resulting in a crumbly mixture. Example: Shortbread making
3	Glazing Is a cooking technique that uses fat to create a glossy, flavourful coating on the surface of a dish.

Diagram C – Sources of fats

Saturated Fats

Meat – bacon, beef, pork
Butter
Cheese
Processed foods - cookies
Ice Cream



Unsaturated Fats

Nuts
Plant foods- avocado
Fish
Oils-sunflower
Green vegetables



Huish Episcopi Academy Year 8 Food Preparation & Nutrition Knowledge Organiser – Energy

Energy

1	Kilocalories (Kcal)	The energy we take into our bodies by consuming food & drinks and the energy we use is measured in Kilocalories. The NHS recommends that an average female adult requires 2000Kcals per day and an average male requires 2500 Kcals per day.
2	BMR	Basal Metabolic Rate is the number of kilocalories you need to stay alive for 24 hours.(to breath, keep organs working, digest food and to sit down.)
3	Macronutrients	The body needs these in large amounts: Proteins, Fats & Carbohydrates
4	Energy Balance is	The difference between energy input (no. of calories put into your body) and energy output (no. of calories you burn each day)
5	Health Issues linked to over consumption of some foods	Health issues which can be brought on if you are overweight: Type 2 diabetes, tooth decay, Obesity, Risk of heart disease and stroke.
6	Health issues linked to under consumption of some foods	Health issues that can be brought on if you are under weight: Nutrient deficiencies & muscle breakdown, fatigue, mental health problems, anorexia.
7	Energy-dense Foods	Foods which contain a high number of calories per gram (e.g. biscuits, chocolate.)
8	Low-energy dense foods	Foods which are low in energy and high in water.
9	PAL	Physical activity level (PAL) is a measurement of how active you are.
10	Energy needs	The amount of energy we need will depend on our age, gender, activity level, our health, body size and our circumstance.



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Diagram D Energy Balance

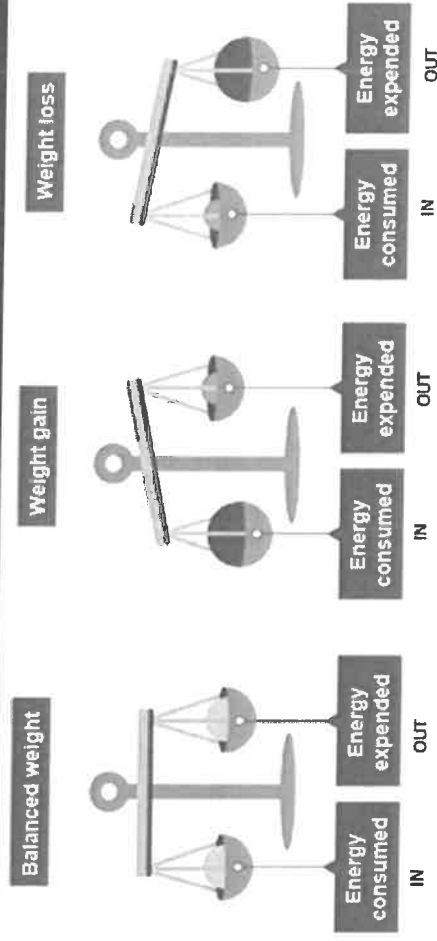


Diagram E A table showing data of the number of Kilocalories required for each gender and age group

Gender	Age	Sedentary	Moderate	Active
Child	2-3	1000	1000	1000
	4-8	1200	1400	1800
	9-13	1600	1600	2200
	14-18	1800	2000	2400
	19-30	2000	2000	2200
Male	31-50	1800	2000	2200
	51+	1600	1800	2200
	4-8	1400	1600	2000
	9-13	1800	2200	2600
	14-18	2200	2800	3200
	19-30	2400	2800	3000
	31-50	2200	2600	3000
	51+	2000	2400	2800

1 – Programming fundamentals

1	Algorithm	A set of step-by-step instructions to solve a problem or complete a task.
2	Program	A collection of instructions that a computer follows to perform a specific task.
3	Programming language	A special language used by programmers to write programs.
4	Program translation and execution	The process of converting the program written in a programming language into a form that the computer can understand and then running it.
5	Interpreter	A tool that translates and executes a program one line at a time, making it easier to find and fix errors.
6	Programming environment	A software application that provides tools to write, test, and debug programs.
7	Input	Information or data that is sent to a computer for processing.
8	Output	Information or data that comes out of a computer after processing.
9	Variables	Containers that store data values.
10	Assignment	The process of giving a value to a variable.
11	Variables	Containers that store information or data that can change
12	Operators	Symbols that tell the computer to perform specific mathematical or logical operations, like addition (+) or comparison (==).
13	Expressions	Combinations of variables, operators, and values that the computer evaluates to produce a result.
14	Concatenation	When you join two or more strings (pieces of text) together to make one longer string.
15	Array	A collection of items, like numbers or words, that are stored in a specific order.

2 Multi-branch selection and iteration

1	Selection	When a program makes a choice between different actions based on certain conditions.
2	Relational (or comparison) operators	Symbols used to compare two values.
3	Logical (or Boolean) expressions	Expressions that evaluate to either true or false. For example, "Is it raining AND is it cold?" could be a logical expression.
4	Conditions	Statements that a program checks to decide what to do next.
5	Randomness	When something happens in an unpredictable way.
6	Multi-branch selection	When a program has multiple choices to decide from, based on different conditions.
7	Iteration	When a program repeats a set of instructions multiple times.
8	Counting	When a program keeps track of how many times something happens.
9	Flags	Special markers or indicators used in programs to show whether certain conditions are true or false.
10	Integer	A type of data that represents whole numbers, like 1, 2, or 3.
11	String	A type of data that represents text, like "hello" or "123".
12	Execution	The process of running a program or a specific set of instructions.
13	Walk-through	Going through a program step-by-step to understand how it works and to find any errors.
14	Debugging	The process of finding and fixing errors or bugs in a program.
15	Stepping	When you go through a program one instruction at a time to see what happens at each step.