

YEAR 7 FOOD

NC Cooking & Nutrition	YEAR 7 Healthy eating.	YEAR 8 Healthy varied diet.	YEAR 9 International cuisine.
understand and apply the principles of nutrition and health	Risk assessment health and safety Developing understanding of 'The eat well guide'.	Risk assessment health and safety 8 tips for healthy eating	Risk assessment Health and safety Healthy balanced diet.
cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet	Cous cous salad. Cooking with potatoes. Flapjacks. Scones. Funny face pizza. Pasta lunch. Cooking with eggs.	Fruit crumble Stir fry Breakfast muffins Flat bread Pasta bake Eat more fish Samosas	Food from around the world. India: saag aloo. Philippines: Pancit vegetable noodles Thailand: thai green curry. Tomato sauces – adaption of recipes. Mexico: meatball burritos. Italy: carbonara. Chinese: chow mein.
become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]	Knife skills, Use of cooker Heat transfer Rubbing in Bread dough Coagulation Shaping Sensory analysis Taste testing	Knife skills, Use of cooker Heat transfer Rubbing in Bread dough Coagulation Shaping Sensory analysis Taste testing	Knife skills, Use of cooker Heat transfer Coagulation Shaping Sensory analysis Taste testing
understand the source, seasonality and characteristics of a broad range of ingredients.		Sustainability of fish sources Seasonality of fruit and vegetables Food waste	Developing an understanding of foods from around the world, and the different ingredients that are used.