

TAC – Food				
National Curriculum Statement	Year 7 Unit 1		Year 8 Unit 2	
	Knowledge	Skills	Knowledge	Skills
<p>Cooking and nutrition As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. Pupils should be taught to:</p>				
understand and apply the principles of nutrition and health	Learn in detail about the Eatwell Guide, Nutrition and healthy eating.	Apply their knowledge to a range of healthy snacks, made in practical lessons.	Learn about why people make their food choices, based on a range of different factors Revisit the principles of healthy eating.	Apply their knowledge to a range of bakery products which they make in practical lessons. Judge the nutrition of these and explain how to reduce the fat/sugar/salt content of them.
cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet	Learn about the five ingredient groups and which foods go into each group.	Prepare and cook a range of dishes which have a healthy profile, including: Pasta salad, toasted sandwiches, macaroni cheese and flapjack.	Learn about the basic ingredients use in bakery products.	Make a range of bakery style products, learning the main cakes pastry and bread making techniques.
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]	Learn about the different parts of the cooker and how to use the cooker safely. Experiment with different ingredients to create different effect in scones and evaluate these results. Understand why sensory appeal is important in food products.	Use basic kitchen equipment competently and safely. Apply the basic kitchen and food safety rules in all practical lessons. Use a stick blender. Pay attention to the visual appeal of a dish and start to be able to season dishes to improve the flavour of the dish.	Learn about why ratios are important in recipes to achieve a good result. Consider the sensory appeal of products and start to create their own products. Investigate the effects of using different cooking methods. Learn about heat transference.	Use the basic cake, pastry and bread making techniques to produce a selection of bakery style products. Use electrical food mixers. Try to be creative in practical lessons substituting ingredients as suits their personal tastes.
understand the source, seasonality and characteristics of a broad range of ingredients.	Learn about where our milk comes from and how milk is processed.	Apply knowledge to make a dish using milk and a milk-based product.	Learn about local and seasonal foods in our area. Learn about the primary and secondary processing of wheat.	Make a range of products using local, seasonal and wheat-based foods.

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	Assessment at end of unit 1 – Healthy Eating.	Assessment is ongoing in all practical lessons.	Assessment at end of unit 1 – Healthy Eating.	Assessment is ongoing in all practical lessons.