

YEAR 7			
Introduction to fruit and Vegetables	Red	Amber	Green
I understand how to prepare and cook food safely and hygienically			
I know the names of equipment and their uses			
I can explain how to use the Eatwell Guide as a model of healthy eating			
I am able to classify different fruit and vegetables			
I understand the importance of the fruit and vegetable food group			
I can demonstrate safe knife techniques to prepare a range of dishes			
Fats and oils			
I know what fats and oils are			
I know about different types of fats			
I know why fats/oils are used in food preparation			
I understand the harmful effects of fat in the diet			
I can make good quality products using fats and oils			
I can work safely and hygienically in practical's			
Starchy Carbohydrates			
I know which foods are classified as starchy carbohydrates			
I know the uses of starchy carbohydrates, such as wheat			
I am able to prepare starchy foods safely and hygienically			
I understand how starchy foods meet the Eatwell guide and dietary guidelines			
I know how wheat is produced			
Protein			
I know the foods that belong in the protein food group			
I can explain the function of protein in the diet			
I can Describe the different types of meat, fish, and poultry			
I understand how to store and cook meat, fish, and poultry safely			
I know the sources and benefits of protein alternatives in the diet			
I understand what is meant by vegetarian and vegan diets			
Dairy			
I know the nutrients dairy foods provide and their function			
I can name the foods that belong in the dairy and alternatives food group			
I can describe where milk comes from and how it is processed			
I know how to store dairy foods safely to prevent contamination			
I am able to make a range of dairy dishes safely and hygienically			