

I can do this	1	2	3	4	5	6	7	8	9
Practical Skills	<p><b>Practical Skills</b></p> <ul style="list-style-type: none"> <li>• I can explain what I am going to do</li> <li>• I can name and select tools and equipment with help</li> <li>• I can use the bridge and the claw hold</li> <li>• I can turn on the hob, the oven and the grill with help</li> </ul>	<p><b>Practical Skills</b></p> <ul style="list-style-type: none"> <li>• I can select small tools and equipment on my own</li> <li>• I can cut my ingredients into equal sized pieces</li> <li>• I can turn on the hob, the oven and the grill on my own</li> <li>• I can demonstrate some basic preparation and cooking techniques on my own</li> </ul>	<p><b>Practical Skills</b></p> <ul style="list-style-type: none"> <li>• I can select small tools and equipment on my own</li> <li>• I can cut my ingredients into equal sized pieces</li> <li>• I can turn on the hob, the oven and the grill on my own</li> <li>• I can demonstrate some basic preparation and cooking techniques on my own</li> </ul>	<p><b>Practical Skills</b></p> <ul style="list-style-type: none"> <li>• I am organised and can work logically</li> <li>• I can prepare fruit and vegetables using different cutting techniques such as jardinière (baton), macedoine (small dice), julienne (matchstick) and brunoise (fine dice)</li> <li>• I can demonstrate skills to other students</li> <li>• I can demonstrate quality control when making food products.</li> </ul>	<p><b>Practical Skills</b></p> <ul style="list-style-type: none"> <li>• I am organised and can work logically</li> <li>• I can demonstrate skills to other students</li> <li>• I can prepare fruit and vegetables accurately and with precision.</li> <li>• I can demonstrate quality control when making food products.</li> </ul>	<p><b>Practical Skills</b></p> <ul style="list-style-type: none"> <li>• I can demonstrate a range of preparation techniques e.g. enrobing, marinating</li> <li>• I can demonstrate a range of cooking methods e.g. baking, poaching, roasting, sauté</li> <li>• I can demonstrate and explain the science in food preparation such as aeration, shortening, enzymic browning and the Mallard Reaction.</li> </ul>	<p><b>Practical Skills</b></p> <ul style="list-style-type: none"> <li>• I can demonstrate a range of preparation techniques e.g. enrobing, marinating, piping</li> <li>• I can demonstrate a range of cooking methods e.g. baking, poaching, roasting, sauté</li> <li>• I can demonstrate and explain the science in food preparation such as aeration, shortening, enzymic browning and the Mallard Reaction.</li> </ul>	<p><b>Practical Skills</b></p> <ul style="list-style-type: none"> <li>• I can use equipment for consistency and accuracy</li> <li>• I can combine ingredients to make different structures e.g. colloidal structure, gel, emulsion</li> <li>• I can competently plan, prepare and safely cook dishes and menus for a healthy, varied and balanced diet.</li> </ul>	<p><b>Practical skills</b></p> <ul style="list-style-type: none"> <li>I am able to make judgements independently, changing cooking times and methods.</li> <li>I can adapt a recipe competently.</li> <li>I am able to dovetail and produce numerous dishes simultaneously.</li> <li>I can make informed choices about portion size and costing.</li> </ul>

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Health and Safety	<p><b>Health And Safety</b></p> <ul style="list-style-type: none"> <li>• I can get myself ready to cook</li> <li>• I can work safely with help</li> <li>• I can explain the words 'hygiene' and 'food safety'.</li> <li>• I can explain that different foods need to be stored in different places to keep it safe</li> </ul>	<p><b>Health And Safety</b></p> <ul style="list-style-type: none"> <li>• I can work safely on my own</li> <li>• I can handle food carefully to prevent it from becoming unsafe to eat.</li> <li>• I can identify some of the main hazards when storing, preparing and cooking food in practical lessons.</li> </ul>	<p><b>Health And Safety</b></p> <ul style="list-style-type: none"> <li>• I can work safely on my own</li> <li>• I can handle food carefully to prevent it from becoming unsafe to eat.</li> <li>• I can identify some of the main hazards when storing, preparing and cooking food</li> </ul>	<p><b>Health And Safety</b></p> <ul style="list-style-type: none"> <li>• I am aware of the health and safety of others</li> <li>• I can use colour-coded chopping boards to prevent cross contamination.</li> <li>• I can explain how cross contamination, decay and spoilage can make food unsafe to eat.</li> <li>• I can explain the purpose of date marks on food products</li> </ul>	<p><b>Health And Safety</b></p> <ul style="list-style-type: none"> <li>• I am aware of the health and safety of others</li> <li>• I can use colour-coded chopping boards to prevent cross contamination.</li> <li>• I can explain how cross contamination, decay and spoilage can make food unsafe to eat.</li> <li>• I can explain the purpose of date marks on food products</li> </ul>	<p><b>Health And Safety</b></p> <ul style="list-style-type: none"> <li>• I can identify possible risks and prevent them</li> <li>• I can explain what the 4 C's are and how they keep food safe</li> <li>• I can explain some of the symptoms of food poisoning and explain how it can be prevented</li> </ul>	<p><b>Health And Safety</b></p> <ul style="list-style-type: none"> <li>• I can identify possible risks and prevent them</li> <li>• I can explain what the 4 C's are and how they keep food safe</li> <li>• I can explain some of the symptoms of food poisoning and explain how it can be prevented.</li> </ul>	<p><b>Health And Safety</b></p> <ul style="list-style-type: none"> <li>• I can demonstrate how to use equipment to test food e.g. temperature probe.</li> <li>• I can demonstrate and explain the food safety principles when preparing and cooking food.</li> <li>• I can demonstrate very good food safety practices when storing, preparing and cooking foods during practical lessons, showing awareness of cross-contamination.</li> </ul>	<p><b>Health and safety</b></p> <p>I can work safely and accurately without any prompting.</p> <p>I can demonstrate excellent food safety practices when storing, preparing and cooking foods during practical lessons, showing awareness of cross-contamination</p>
Nutrition	<p><b>Nutrition</b></p> <ul style="list-style-type: none"> <li>• I can name the sections of the Eatwell Guide</li> <li>• I can name the different types of food in each section of the Eatwell Guide</li> <li>• I can explain how to stay healthy</li> <li>• I can explain why food and water are essential for life</li> <li>• I can explain why it is important to stay hydrated through the day</li> </ul>	<p><b>Nutrition</b></p> <ul style="list-style-type: none"> <li>• I can explain the 8 tips of a healthy balanced diet</li> <li>• I can name the 3 macronutrients</li> <li>• I can explain the function of the 3 macronutrients in the body</li> <li>• I can name the 2 micronutrients</li> <li>• I can explain where my energy comes from</li> </ul>	<p><b>Nutrition</b></p> <ul style="list-style-type: none"> <li>• I can explain the 8 tips of a healthy balanced diet</li> <li>• I can name the 3 macronutrients</li> <li>• I can explain the function of the 3 macronutrients in the body</li> <li>• I can name the 2 micronutrients</li> <li>• I can explain where my energy comes from</li> </ul>	<p><b>Nutrition</b></p> <ul style="list-style-type: none"> <li>• I can explain that a healthy balanced diet is made up from a variety of different food sources</li> <li>• I can explain why it is important to have portion sizes</li> <li>• I can explain the function of different nutrients in the body</li> <li>• I can explain some of the reasons for people's food choices</li> </ul>	<ul style="list-style-type: none"> <li>• I can explain that a healthy balanced diet is made up from a variety of different food sources</li> <li>• I can explain why it is important to have portion sizes</li> <li>• I can explain the function of different nutrients in the body</li> <li>• I can explain some of the reasons for people's food choices</li> </ul>	<p><b>Nutrition</b></p> <ul style="list-style-type: none"> <li>• I can describe how energy balance is affected by the food we eat and our activity level</li> <li>• I can explain why a variety of different nutrients, water and fibre are needed for a healthy balanced diet</li> <li>• I can explain why some people avoid certain foods due to allergies, intolerances and religion.</li> </ul>	<p><b>Nutrition</b></p> <ul style="list-style-type: none"> <li>• I can describe how energy balance is affected by the food we eat and our activity level</li> <li>• I can explain why a variety of different nutrients, water and fibre are needed for a healthy balanced diet</li> <li>• I can explain why some people avoid certain foods due to allergies, intolerances and religion.</li> </ul>	<p><b>Nutrition</b></p> <ul style="list-style-type: none"> <li>• I can explain how food and drink provide energy and nutrients</li> <li>• I can explain the importance of energy balance</li> <li>• I can explain the implications of dietary excess or deficiency</li> </ul>	<p><b>Nutrition</b></p> <p>I can explain in detail how food and drink provide energy and nutrients</p> <ul style="list-style-type: none"> <li>• I can explain the importance of energy balance and give examples of positive and negative energy balance.</li> <li>• I can explain the implications of dietary excess or deficiency in detail and use the key terminology.</li> </ul>

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Food origins	<p><b>Food Origins</b></p> <ul style="list-style-type: none"> <li>• I can talk about the food I like and dislike</li> <li>• I can explain that my food comes from animals or plants</li> <li>• I can describe what an ingredient is and can name some common ingredients</li> <li>• I can describe my food using sensory testing vocabulary</li> </ul>	<p><b>Food Origins</b></p> <ul style="list-style-type: none"> <li>• I can explain why some food choices are influenced by cost, packaging and need</li> <li>• I can explain where my food comes from e.g. conventional and organic farming, Fairtrade</li> <li>• I can explain why food products have labels</li> <li>• I can give basic reasons for using some common ingredients</li> </ul>	<p><b>Food Origins</b></p> <ul style="list-style-type: none"> <li>• I can explain why some food choices are influenced by cost, packaging and need</li> <li>• I can explain where my food comes from e.g. conventional and organic farming, Fairtrade</li> <li>• I can explain why food products have labels</li> <li>• I can give basic reasons for using some common ingredients</li> </ul>	<p><b>Food Origins</b></p> <ul style="list-style-type: none"> <li>• I can explain what is meant by seasonality and sustainability</li> <li>• I can explain the difference between a primary and secondary ingredient</li> <li>• I can explain that some ingredients have different functions (job) and properties</li> <li>• I can identify some of the main information included on food product labels</li> </ul>	<p><b>Food Origins</b></p> <ul style="list-style-type: none"> <li>• I can explain what is meant by seasonality and sustainability</li> <li>• I can explain the difference between a primary and secondary ingredient</li> <li>• I can explain that some ingredients have different functions (job) and properties</li> <li>• I can identify some of the main information included on food product labels</li> </ul>	<p><b>Food Origins</b></p> <ul style="list-style-type: none"> <li>• I can explain the affect that food production has on the environment such as food miles, deforestation &amp; carbon foot print</li> <li>• I can explain where and how a variety of ingredients are grown, reared, caught and processed</li> <li>• I can describe the functions (job) and properties of the ingredients I have used in products that I have made.</li> <li>• I can read and use the main information on food and drinks labels to make observations about a product.</li> </ul>	<p><b>Food Origins</b></p> <ul style="list-style-type: none"> <li>• I can explain the affect that food production has on the environment such as food miles, deforestation &amp; carbon foot print</li> <li>• I can explain where and how a variety of ingredients are grown, reared, caught and processed</li> <li>• I can describe the functions (job) and properties of the ingredients I have used in products that I have made</li> <li>• I can read and use the main information on food and drinks labels to make observations about a product.</li> </ul>	<p><b>Food Origins</b></p> <ul style="list-style-type: none"> <li>• I can explain where and how a variety of ingredients are produced and understand that foods are produced, processed and sold in different ways e.g. organic</li> <li>• I can describe the functions (job) and properties of ingredients and how they change in different conditions e.g. flours, fats, proteins and sugars</li> <li>• I can use some information on food labels (e.g. ingredients lists) to make comparisons and informed choices about foods and drinks</li> </ul>	<p>I can explain that ingredients have different functions (job) and properties and have a working knowledge which I apply during practical sessions.</p> <p>I can identify all of the main information included on food product labels</p> <p>I know how to compare the cost of food when planning to eat out or cook at home.</p> <p>I can accurately cost out my recipes.</p> <p>I understand about the influence of food marketing, advertising and promotion and how it is linked to my diet and purchasing behaviour. I can identify when this is happening.</p> <p>I understand and can explain where the food commodities come from and how they are manufactured into foods.</p>