



KS3 Assessment Criteria: Cooking and Nutrition

	Developing: GCSE grades 3 and below	Secure: GCSE grades 4-5	Mastered: GCSE grades 6,7,8,9
<p>Year 7 'Back to basics – fruit to flapjack'</p> <p><u>Practical skills:</u> Hygienic set up, washing up procedures, knife skills, juicing, grating, use grilling, weigh, measure, melting, baking. Use of oven, boiling, blending.</p> <p><u>Commodities:</u> fruit and vegetables, butter, oils, margarine and sugars</p>	<p><u>Food commodities / Provenance:</u></p> <ul style="list-style-type: none"> -I know that seasons affect food production. -I know where and how fruit and vegetables are grown. -I understand that food is processed into ingredients and they can be eaten or used in cooking. I can choose food for its sensory and/ or health benefits. <p><u>Cooking and Preparation:</u></p> <ul style="list-style-type: none"> - I can list dangers and suggest ways to make myself and the environment safe. - I can prepare foods safely. - I know where to store foods to keep them safe - I can identify key pieces of equipment - I can use the hob and the oven <p><u>Nutrition:</u></p> <ul style="list-style-type: none"> -I know and can talk about ways to make a diet healthy and I understand the "Eatwell plate". -I can name the 5 main food groups -I am aware of correct portion sizes for different age groups. -I know I need to eat more fibre and drink more water 	<p><u>Food commodities / Provenance:</u></p> <ul style="list-style-type: none"> -I understand that food is processed into ingredients and they can be eaten or used in cooking -I know that food choice can depend on age, needs, religion, personal preferences, seasons and cost <p><u>Cooking and Preparation:</u></p> <ul style="list-style-type: none"> - I can work in an organised way and prepare foods safely and hygienically most times I cook. - I know how to use date marks and storage instructions to ensure my food is safe - I can name and use many pieces of equipment safely and correctly - I can plan cooking activities in the correct order - I know how to use all parts of a cooker - I can make both sweet and savoury dishes - I can suggest ways to change the sensory properties of a dish <p><u>Nutrition:</u></p> <ul style="list-style-type: none"> -I know what 'Healthy eating' is and why it's important - I know that food provides energy and nutrients in different amounts - I can link the 5 main food groups to the main nutrients. - I can discuss the value of fibre in the diet 	<p><u>Food commodities / Provenance:</u></p> <ul style="list-style-type: none"> -I know that food is produced, processed and sold in different ways - e.g. conventional and organic farming, fair trade, -I know that food choice can depend on age, needs, religion, personal preferences, seasons and cost AND I can discuss the relevance of 'Food Miles' or buying foods locally. <p><u>Cooking and Preparation:</u></p> <ul style="list-style-type: none"> - I can work in an organised way and prepare foods safely and hygienically every time I cook. - I know about preventing cross contamination and using colour coded boards. - I can produce step by step plans with all information- equipment and ingredients, - I know how to use utensils and electrical equipment safely - I can confidently preheat and control all parts of a cooker independently- I know about applying heat in different ways. - I can suggest ways to change the sensory properties of a dish- to adapt it to other consumers. <p><u>Nutrition:</u></p> <ul style="list-style-type: none"> -I can confidently talk about the 'Eatwell plate', the main nutrients and explain the function (job) of each nutrient. - I can explain the problem of too much / too little of fat / sugar and starch - I can discuss dietary fibre and explain the effects of not eating enough.



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<p>Year 8-</p> <p>‘Brilliant Baking’ and ‘sauce making’.</p> <p><u>Practical skills:</u></p> <p>Weighing measuring, rubbing in, kneading, proving, shaping, baking, grating, knife skills, sauce making, boiling.</p> <p><u>Commodities:</u></p> <p>bread, cereals, oats, rice, milk, cheese, yoghurt</p>	<p>Food commodities / Provenance:</p> <ul style="list-style-type: none"> - I understand that food is processed into ingredients and they can be eaten or used in cooking- wheat into bread, milk into cheese. I know where milk, cheese and yoghurt comes from -I know that food choice can depend on age, needs, religion, personal preferences, seasons, cost etc.. <p>Cooking and Preparation:</p> <ul style="list-style-type: none"> - I can work in an organised way and prepare foods safely and hygienically most times I cook. - I know what a date mark is and how to find out about storing foods safely. - I can weigh and measure accurately with some support - I can use the rubbing in method - I can knead, shape and prove bread with assistance - I can preheat and turn off the ovens safely - I can make a white sauce – the all-in-one method <p>Nutrition:</p> <ul style="list-style-type: none"> -I know what ‘Healthy eating’ is and why it’s important - I know that food provides energy and nutrients in different amounts - I can link the 5 main food groups to the main nutrients. -I know why we need fats, protein and carbohydrates in our diet. <p>Food Science:</p> <ul style="list-style-type: none"> -I know that when you heat flour with a liquid the sauce thickens. 	<p>Food commodities / Provenance:</p> <ul style="list-style-type: none"> – I can identify the symbols for organic / fair trade/ food miles and other SMES links to food. - I am aware of some key allergies and why labelling is important. Coeliac / dairy intolerance <p>Cooking and Preparation:</p> <ul style="list-style-type: none"> - I am always organised and hygienic. - I understand the different terms used in date marking- ‘use by’ & ‘best before’. - I weigh and measure accurately all the time - I follow instructions without teacher assistance - I can use the rubbing in method independently - I can knead, shape and prove bread independently - I can suggest ways to change the sensory properties of a dish- to adapt it to other consumers. - I know how to make a roux sauce - <p>Nutrition:</p> <ul style="list-style-type: none"> -I can confidently discuss the ‘Eatwell plate’, the main nutrients and explain the function (job) of each nutrient. - I can explain the problem of too much / too little of fat / sugar and starch. -I can name some vitamins and minerals and link their jobs and sources <p>Food Science:</p> <ul style="list-style-type: none"> -I know and understand the term ‘gelatinisation’. 	<p>Food commodities / Provenance:</p> <ul style="list-style-type: none"> -I understand the term ‘food miles’, ‘organic’ and ‘fair trade’ and explain their value. - I know that food is produced, processed and sold in different ways - e.g. conventional and organic farming, fair trade <p>Cooking and Preparation:</p> <ul style="list-style-type: none"> - I can produce step by step plans with a list of ingredients and equipment. - I can identify key stages in the making process to ensure my food is safe- input safety and quality checks - I know about preventing cross contamination and using colour coded boards. - I can complete all Year 8 cooking skills confidently and independently and teach the method to other pupils in the class. (rubbing in, knead, prove, shape, white sauce, pizza making) - I can suggest ways to adapt a recipe to enhance the sensory and nutritional properties of the dish. <p>Nutrition:</p> <ul style="list-style-type: none"> -I know how to taste and cook a broader range of ingredients and healthy recipes. -I can design a healthy dish and explain the function of each ingredient <p>Food Science:</p> <ul style="list-style-type: none"> -I know and understand the term ‘gelatinisation’, I can explain the process to others.
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<p>Year 9</p> <p>Main meals and pastry making</p> <p>Practical skills:</p> <p>Knife skills, preparation of veg, frying, peeling, crushing, stir frying, boiling, mashing, zesting, juicing, marinating, prep of raw meat</p> <p>Commodities: meat, fish, poultry, eggs, Soya, tofu, beans, nuts and seeds</p>	<p>Food commodities / Provenance:</p> <ul style="list-style-type: none"> -I understand and know the advantage to buying foods that are grown in the UK and in season - I can identify the symbols for organic / fair trade/ food miles and other SMES links to food. - I am aware of some key allergies and why labelling is important. - I can name different varieties of the commodities studied and explain how they are grown, reared, used in food preparation <p>Cooking and Preparation:</p> <ul style="list-style-type: none"> -I can work in an organised way and prepare foods safely and hygienically most times I cook. -I know about preventing cross contamination and using colour coded boards. -I know how to use date marks and storage instructions to ensure my food is safe - I can make a repertoire of predominantly savoury meals -I know how to use taste, texture and smell to decide how to season dishes -I know how to adapt a recipe to suit different needs and target groups. <p>Nutrition:</p> <ul style="list-style-type: none"> -I can discuss healthy eating and suggest ways to make a dish healthier. -I can list the main nutrients and explain the function (job) of each nutrient. - I can explain the problem of too much / too little of fat / sugar and starch. 	<p>Food commodities / Provenance:</p> <ul style="list-style-type: none"> -I understand the different ways that eggs and chicken are produced - 'organic' and 'free range' etc.. - I know that food is produced, processed and sold in different ways - e.g. conventional and organic farming, fair trade <p>Cooking and Preparation:</p> <ul style="list-style-type: none"> -I know about specific temperature controls of foods and storage places. -I know the principles of cleaning, preventing cross-contamination, chilling, cooking food thoroughly and reheating food until it is steaming hot -I know how to cook a repertoire of predominantly savoury dishes to feed myself and others a healthy and varied diet -I can use a wider range of preparation techniques and methods when cooking -I can cook different recipes to suit a range of needs, wants and values. -I can suggest ways to adapt recipes to increase the fibre content. <p>Skills : separate, zest, stir-frying, steaming</p> <p>Nutrition:</p> <ul style="list-style-type: none"> -I can design a healthy dish and explain the nutritional value of most ingredients. - I know the implications of dietary excess or deficiency. eg. malnutrition, maintenance of a healthy weight. 	<p>Food commodities / Provenance:</p> <p>Cooking and Preparation:</p> <ul style="list-style-type: none"> -I can identify how food is preserved and confidently explain the term 'Danger Zone' giving detail and examples. I know all key food safety temperatures. -I know how to cook a repertoire of predominantly savoury dishes to feed myself and others a healthy and varied diet -I can use a wider range of preparation techniques and methods when cooking -I can cook different recipes to suit a range of needs, wants and values -I know how to actively minimise food waste such as composting fruit and vegetable peelings and recycling food packaging <p>Skills: drizzle, pipe, portion, bake blind,</p> <p>Nutrition:</p> <ul style="list-style-type: none"> - I know how to modify recipes and cook dishes that promote current healthy eating messages. - I can use a nutritional analysis programme to establish the nutrient content of a dish I've made.....and discuss changes to alter nutrient content. - I can confidently discuss all key nutrients, their job in the body, their sources – including 3 main vitamins and minerals.
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