

# Key Stage 3 Assessment Criteria

	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>
<p><b>YEAR 7</b></p> <p><b>BASIC SKILLS</b></p> <p>Practical skills:</p> <p>Hygienic set up, washing up procedures, knife skills, juicing, grating, enrobing, weigh, measure, rubbing in, baking, use of oven, blending, use of food processor.</p> <p>Practical lessons:-</p> <p>Fruit Fusion</p> <p>Fruit Crumble</p> <p>Scones</p> <p>Frittatas</p> <p>Chicken Goujons</p> <p>Muffins</p> <p>Pizza</p>	<p>I know what cross contamination is.</p> <p>I know how to adapt and develop a recipe.</p> <p>I understand that food is processed into ingredients and they can be eaten or used in cooking.</p> <p>I can choose food for its sensory and/ or health benefits.</p> <p><b><u>Cooking and Preparation:</u></b></p> <p>I can list dangers and suggest ways to make myself and the environment safe.</p> <p>I can prepare food safely.</p> <p>I know where to store foods to keep them safe</p> <p>I can identify key pieces of equipment</p> <p>I can use the hob and the oven</p> <p><b><u>Nutrition:</u></b></p> <p>I know and can talk about ways to make a diet healthy and I understand the "Eatwell Guide".</p> <p>I can name the 5 main food groups</p> <p>I understand the 8 healthy guidelines</p> <p>I know I need to eat more fibre and drink more water</p>	<p>I understand that food is processed into ingredients and they can be eaten or used in cooking</p> <p>I am starting to understand some key terminology such as coagulation.</p> <p><b><u>Cooking and Preparation:</u></b></p> <p>I can work in an organised way and prepare foods safely and hygienically most times I cook.</p> <p>I know how to use date marks and storage instructions to ensure my food is safe</p> <p>I can name and use many pieces of equipment safely and correctly</p> <p>I can plan cooking activities in the correct order</p> <p>I can suggest ways to change the sensory properties of a dish</p> <p><b><u>Nutrition:</u></b></p> <p>I know what 'Healthy eating' is and why it's important</p> <p>I know that food provides energy and nutrients in different amounts</p> <p>I can link the 5 main food groups to the main nutrients.</p> <p>I can discuss the value of fibre in the diet</p>	<p>I understand that food is processed into ingredients and they can be eaten or used in cooking</p> <p>I understand key terminology such as coagulation.</p> <p><b><u>Cooking and Preparation:</u></b></p> <p>I can work in an organised way and prepare foods safely and hygienically every time I cook.</p> <p>I know about preventing cross contamination.</p> <p>I know how to use utensils and electrical safely</p> <p>I can confidently preheat and control all parts of a cooker independently</p> <p>I can suggest ways to change the sensory properties of a dish</p> <p><b><u>Nutrition:</u></b></p> <p>I can confidently talk about the 'Eatwell Guide', the main nutrients and explain the function of each nutrient.</p> <p>I can explain the problem of too much / too little of fat / sugar and starch</p> <p>I can discuss dietary fibre and explain the effects of not eating enough.</p>

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<p style="text-align: center;"><b>YEAR 8 FOODS AROUND THE WORLD</b></p> <p>Practical skills:</p> <p>Hygienic set up, washing up procedures, knife skills, grating, enrobing, weigh, measure, rubbing in, whisking, shaping, baking, use of oven, blending, melting, use of an electric whisk.</p> <p>Practical lessons:-</p> <p>Anzac Biscuits</p> <p>Quiche</p> <p>Cheesecake</p> <p>Curry</p> <p>Black Forest Gateau</p> <p>Chilli Cobbler</p> <p>Fruit Pie</p> <p>Lasagne</p>	<p>I know how to adapt and develop a recipe.</p> <p>I understand that food is processed into ingredients and they can be eaten or used in cooking.</p> <p>I can choose food for its sensory and/ or health benefits.</p> <p>I am starting to recognise ingredients used in different recipes from around the world.</p> <p><b><u>Cooking and Preparation:</u></b></p> <p>I can list dangers and suggest ways to make myself and the environment safe.</p> <p>I can prepare food safely.</p> <p>I know where to store foods to keep them safe</p> <p>I can identify key pieces of equipment</p> <p>I can use the hob and the oven.</p> <p>I am developing to make pastry sweet and savoury.</p> <p><b><u>Nutrition:</u></b></p> <p>I understand the "Eatwell Guide".</p> <p>I can name the 5 main food groups</p> <p>I understand the 8 healthy guidelines</p> <p>I am starting to recognise ways to make the products I have produced healthier.</p> <p><b><u>Food Science:</u></b></p> <p>I am starting understand some key terminology such as dextrinization.</p>	<p>I know how to adapt and develop a recipe to suit different needs.</p> <p>I understand that food is processed into ingredients and they can be eaten or used in cooking.</p> <p>I can choose food for its sensory and/ or health benefits.</p> <p>I recognise ingredients used in different recipes from around the world.</p> <p><b><u>Cooking and Preparation:</u></b></p> <p>I can work in an organised way and prepare foods safely and hygienically most times I cook.</p> <p>I know how to use date marks and storage instructions to ensure my food is safe</p> <p>I can name and use many pieces of equipment safely and correctly</p> <p>I can plan cooking activities in the correct order</p> <p>I can suggest ways to change the sensory properties of a dish.</p> <p>I make pastry sweet and savoury.</p> <p><b><u>Nutrition:</u></b></p> <p>I know what 'Healthy eating' is and why it's important and link this to my recipes.</p> <p>I know that food provides energy and nutrients in different amounts</p> <p>I can link some of the macro nutrients to the recipes I make.</p> <p><b><u>Food Science:</u></b></p> <p>I understand what dextrinization is.</p>	<p>I know how to adapt and develop a recipe to suit different needs.</p> <p>I understand that food is processed into ingredients and they can be eaten or used in cooking.</p> <p>I can choose food for its sensory and/ or health benefits.</p> <p>I recognise ingredients used in different recipes from around the world.</p> <p><b><u>Cooking and Preparation:</u></b></p> <p>I can work in an organised way and prepare foods safely and hygienically every time I cook.</p> <p>I know about preventing cross contamination.</p> <p>I know how to use utensils and electrical safely</p> <p>I can confidently preheat and control all parts of a cooker independently</p> <p>I can suggest ways to change the sensory properties of a dish.</p> <p>I can successfully make pastry sweet and savoury.</p> <p><b><u>Nutrition:</u></b></p> <p>I know how to taste and cook a broader range of ingredients and healthy recipes.</p> <p>I can design a healthy dish and explain the function of each ingredient</p> <p><b><u>Food Science:</u></b></p> <p>I can explain what dextrinization is.</p>

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<p style="text-align: center;"><b>YEAR 9</b></p> <p style="text-align: center;"><b>FUNCTION OF INGREDIENTS</b></p> <p><b>Practical skills:</b> Hygienic set up, washing up procedures, knife skills, grating, weigh, measure, rubbing in, whisking, shaping, baking, use of oven, blending, melting, sauce making, decoration, pastry making, sweet bread making.</p> <p><b>Practical lessons:-</b> Savoury Swirls Gingerbread Calzone Swiss Roll Savoury Pie Sweet Bread Stew &amp; Dumplings Victoria Sponge</p>	<p>I know how to adapt and develop a recipe.</p> <p>I understand that food is processed into ingredients and they can be eaten or used in cooking.</p> <p>I can choose food for its sensory and/ or health benefits.</p> <p>I am starting to recognise ingredients used in bread and cake making.</p> <p><b>Cooking and Preparation:</b> I can prepare food safely and recognise the 4C's in food preparation. 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. I recognise the key temperatures used in food preparation.</p> <p><b>Nutrition:</b> I understand and can discuss the "Eatwell Guide". I understand the 8 healthy guidelines and I can discuss ways to improve my recipes to make them healthier.</p> <p><b>Food Science:</b> I am starting understand some key terminology such as fermentation and gelatinisation.</p>	<p>I know how to adapt and develop a recipe to suit different needs.</p> <p>I understand that food is processed into ingredients and they can be eaten or used in cooking.</p> <p>I can choose food for its sensory and/ or health benefits.</p> <p>I recognise ingredients used in different recipes.</p> <p>I can recognise the food science of bread and cake making.</p> <p><b>Cooking and Preparation:</b> I can work in an organised way and prepare foods safely and hygienically most times I cook using the 4C's. 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 can suggest ways to change the sensory properties of a dish. I know the key temperatures used in food preparation.</p> <p><b>Nutrition:</b> I know what 'Healthy eating' is and why it's important and link this to my recipes. I know that food provides energy and nutrients in different amounts I can link some of the macro and micro nutrients to the recipes I make.</p> <p><b>Food Science:</b> I understand what dextrinization, gelatinisation, coagulation and fermentation are.</p>	<p>I know how to adapt and develop a recipe to suit different needs.</p> <p>I understand that food is processed into ingredients and they can be eaten or used in cooking.</p> <p>I can choose food for its sensory and/ or health benefits.</p> <p>I recognise ingredients used in different recipes and understand the food science of bread and cake making.</p> <p><b>Cooking and Preparation:</b> I can work in an organised way and prepare foods safely and hygienically every time I cook using the 4C's. I know about preventing cross contamination. I effectively use utensils and electrical equipment safely I can confidently preheat and control all parts of a cooker independently I can suggest ways to change the sensory properties of a dish.</p> <p><b>Nutrition:</b> 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 in detail using the correct terminology.</p> <p><b>Food Science:</b> I can explain dextrinization, gelatinisation, coagulation and fermentation.</p>