



# Food & Nutrition Ready to Progress criteria:

<b>Year 7</b>	Food & Nutrition Students are introduced to the Eatwell guide and the different food groups. They will learn about the principles of a healthy and balanced diet and develop independent practical cookery skills in the preparation of dishes that reflect these ideas.	
<b>Year 8</b>	Food & Nutrition Students are introduced to Food Science and will investigate the function of ingredients in recipes. Practical skills covered will become more complex as students develop their independence in the kitchen. They will learn how to use a range of cooking methods and processes.	
<b>Practical Food Preparation Skills</b>	<b>Skills &amp; Techniques</b>	<ul style="list-style-type: none"><li>• Students can weigh and measure their ingredients and bring appropriate containers.</li><li>• Students can demonstrate a range of technical skills selecting and using equipment correctly with accuracy.</li><li>• Students can work independently to produce their practical dishes.</li><li>• Students can demonstrate health and safety principles when carrying out a range of practical skills.</li><li>• Students can produce good quality dishes which shows good shaping, finish and overall presentation.</li><li>• Students can use sensory evaluation to describe their food when tasting.</li><li>• Students can apply technical knowledge and understanding of theory within outcomes of practical dishes.</li><li>• Students are encouraged to organise their own equipment and weigh out ingredients at home, promoting independence and a sense of taking responsibility for their own learning.</li><li>• As practical work becomes more challenging and skills involved in preparing dishes more complex, students are expected to work more independently, with minimum teacher input.</li><li>• Students are given the opportunity to undertake a research-based task that leads to them choosing a recipe of their own choice.</li></ul>
	<b>Analysis &amp; Evaluation</b>	
	<b>Application of Knowledge and Understanding</b>	
	<b>Self Control with Learning</b>	
	<b>Independence and curiosity</b>	
<b>Knowledge Topics: Food Nutrition and Health Food Science Food Hygiene &amp; Safety Food Choice</b>	<b>Knowledge &amp; Understanding</b>	<ul style="list-style-type: none"><li>• Students can explain the importance of food hygiene and safety in the kitchen and how to prevent it.</li><li>• Students can identify key nutrients required for the body and describe the impact unhealthy choices can have on our health.</li><li>• Students can show in-depth knowledge of the safety principles of food hygiene and safety within the kitchen.</li><li>• Students can explain how bacteria causes food poisoning, the symptoms and how to prevent it.</li><li>• Students can identify key temperatures related to food safety i.e. danger zone is 5-63°C.</li><li>• Students can explain the importance/function of ingredients inside of foods such as bread and pastry, using food science terminology in their descriptions.</li><li>• Students can identify, describe and explain the scientific principles used when preparing and cooking food.</li><li>• Students can adapt recipes to change/develop the sensory characteristics of food.</li><li>• Students can explain and interpret information included on food packaging.</li><li>• Students can identify food products from British and International Cuisines.</li></ul>
	<b>Research &amp; Explore</b>	
	<b>Technical Knowledge</b>	
	<b>Wider world</b>	