

KS3 Technology: Food Key Skills & Concepts	Emerging	Developing	Securing	Mastering
Introduction to health and Safety in the Kitchen- Kitchen Safety Fruit Salad Practical	<p>You have understood most health, safety kitchen and completed the work sheet to a basic standard. You have produced a reasonable dish showing basic knife skills and you have cleared away to a reasonable standard, however this could be improved.</p>	<p>You have understood most of the You have produced a reasonable dish showing good knife skills and you have cleared away to a reasonable standard,</p>	<p>You have understood health, safety and hygiene rules in the kitchen and completed the work sheet to a good standard. You have produced an appealing dish showing good chopping skills knife skills and organisational skills.</p>	<p>You have written and understood health, safety and hygiene rules in the kitchen and why they are important, and completed the work sheet to a high standard. You have produced an exceptionally high quality dish showing excellent knife skills and organisational skills.</p>
Food Safety, how to wash up How to use a cooker. Pasta Salad	<p>You have understood how to wash up correctly. You have made a pasta salad to a satisfactory level. Your chopping skills and timing skills could be improved.</p> <p>You have understood some safety skills, however these could be improved. Some help needed.</p>	<p>You have learned the sequence of how to wash up in most of the correct order and you have timed the cooking of the pasta and salad quite well. The presentation is to a satisfactory standard and you have used all of the correct health and safety</p>	<p>You have learned how to wash up correctly and demonstrated this.</p> <p>You have timed the cooking of the pasta to a good standard The presentation is to a standard and you have used all of the correct health and safety.</p>	<p>You have learned the sequence of how to wash up correctly and</p> <p>You have timed the cooking of the pasta salad well. The presentation is to a high standard and you have used garnish. You have used all of the correct health and safety including oven gloves.</p>
BALANCED DIETS & HEALTHY EATING Pizza Toast	<p>You have understood the balance of good health plate. You have produced a reasonable pizza toast. Two toppings using the different equipment. You have cooked one side of the toast. Some help needed</p>	<p>You have understood the balance of good health plate well. You have understood produced a reasonable pizza toast showing a variety of toppings and cutting skills Good use of the grill.</p>	<p>You have understood the balance of good health plate to a good level, you can draw the plate well and identify sections. You have understood produced a good pizza toast showing a variety of toppings and cutting skills. Good use of the grill</p>	<p>You have understood the balance of good health plate to a high level. You can draw the plate well and identify sections You have understood produced an excellent pizza toast showing a variety of toppings and neat and accurate cutting skills. Excellent use of the grill.</p>

<p>Carbohydrates</p> <p>Fruit Crumble</p>	<p>You have understood the different types of carbohydrates. You have produced a reasonable fruit crumble, even if the topping could be improved. Reasonable cutting skills, Your organisational skills could be improved. Some help needed</p>	<p>You have understood the different types of carbohydrates well. You have produced a good fruit crumble, Two toppings is golden brown, Good preparation and organisation</p>	<p>You have understood the different types of carbohydrates to a very good level and the different foods. You have produced a reasonable fruit crumble, Good cutting skills, very good washing up, and cleaning skills.</p>	<p>You have understood the different types of carbohydrates to a high level and starches and sugars. You have produced an excellent fruit crumble. You have demonstrated excellent cutting skills and very good washing up and cleaning skills.</p>
<p>Protein and Flapjacks</p>	<p>You have understood the function of protein and what foods contain protein. You have produced reasonable flapjacks. Your organisational skills could be improved. Some help needed.</p>	<p>You have understood the different types of proteins and functions. You have produced a reasonable flapjacks Reasonable cutting skills, Good preparation and organisation.</p>	<p>You have understood the different types of carbohydrates. You have produced good flapjacks, Good use of the oven, and very good washing up and cleaning skills.</p>	<p>You have understood different types of carbohydrates to a high standard. You have produced excellent flapjacks.</p> <p>Very good washing up and cleaning skills. Your use of the oven and oven safety is excellent.</p>
<p>Fibre and Fruity Muffins</p>	<p>You have understood the function of fibre and what foods contain fibre. You have produced reasonable fruity muffins. Your organisational skills could be improved. Some help needed. Cleaning could be improved.</p>	<p>You have understood the different types of fibre and what foods contain fibre and its function. You have produced reasonable fruity muffins. Good washing u and cleaning skills.</p>	<p>You have understood the different types of fibre and what foods contain fibre and its function. You have produced very good fruity muffins.</p> <p>You have demonstrated very good washing up and cleaning</p>	<p>You have understood the function of fibre to a high level. You have produced excellent fruity muffins, with very neat and confident mixing and cake making skills.</p> <p>Excellent washing up and cleaning skills. Excellent oven safety.</p>

			skills. You have also shown good oven safety	
Equipment test, Rock Cakes	You have understood the different types of equipment but not all uses. You have produced reasonable Rock cakes . Your organisational skills could be improved. Some help needed. Cleaning could be improved.	You have understood the different types of equipment and uses. You have produced reasonable Rock cakes and mostly equal sized shapes. You have added raisins. Good washing up and cleaning skills.	You have understood the different types of equipment and uses. You have produced good Rock cakes. equal sized shapes. You have added raisins. Good washing up and cleaning skills.	You have understood the different types of equipment and uses in detail. You have understood the different You have produced an excellent rock cakes, with very neat and confident using the rubbing in method Excellent washing up, safety and cleaning skills.
Food safety: shortbread	You have understood some of the key food safety points. You have produced reasonable shortbread. Your organisational skills could be improved. Some help needed Cleaning could be improved.	You have understood most of the key food safety points. You have produced good shortbread. Your organisational skills could be improved. Some help needed Cleaning is good and good washing up skills.	You have understood all of the key food safety points. You have produced good and equal sized shortbread. You have understood the rubbing in method. Your organisational skills are good. Good washing up and cleaning skills.	You have understood all of the key food safety points to a high level using detail. You have produced excellent and equal sized shortbread. with very neat and confident using the rubbing in method Excellent washing up, safety and cleaning skills.

Energy: Dutch Apple Cake	<p>You have understood energy and how some foods contain more energy than others. You have produced a reasonable Dutch apple cake . Your organisational skills could be improved. Some help needed. Cleaning could be improved.</p>	<p>You have understood energy well and how some foods contain more energy than others. You have produced good Dutch apple cake . Your organisational skills are good. Cleaning is good and reasonable washing up skills.</p>	<p>You have understood energy very well and how some foods contain more energy than others, energy in and energy out.. You have produced good Dutch apple cake you have used good cutting skills for the apple on top. Your organisational skills are good. Cleaning is good and reasonable washing up skills.</p>	<p>You have understood energy to a high level and how some foods contain more energy than others, energy in and energy out. You have produced good Dutch apple cake you have used good cutting skills for the apple on top and added sugar. Your organisational skills are excellent. Very good washing up, safety and cleaning skills.</p>
Food Test Year 7 Re cap of Food skills and Nutrition Test	<p>Grade results</p> <p>1-7</p>	<p>8-13</p>	<p>14-18</p>	<p>19 +</p>