

KS3 ASSESSMENT CRITERIA- FOOD TECHNOLOGY

Year 7 5 -A Day & basic Skills	Foundation -Emerging	Developing - Secure	Proficient- Excelling
<p>Practical skills</p> <p>Commodities</p>	<p><u>Food commodities / Provenance:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I know that seasons affect food production. <input type="checkbox"/> I know where and how fruit and vegetables are grown. <input type="checkbox"/> I understand that food is processed into ingredients and they can be eaten or used in cooking. <input type="checkbox"/> I can choose food for its sensory and/ or health benefits. <p><u>Cooking and Preparation:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I can list dangers and suggest ways to make myself and the environment safe. <input type="checkbox"/> I can prepare food safely. <input type="checkbox"/> I know where to store foods to keep them safe <input type="checkbox"/> I can identify key pieces of equipment <input type="checkbox"/> I can use the hob and the oven 	<p><u>Food commodities / Provenance:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I understand that food is processed into ingredients and they can be eaten or used in cooking. <input type="checkbox"/> 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"> <input type="checkbox"/> I can work in an organised way and prepare foods safely and hygienically most times I cook. <input type="checkbox"/> I know how to use date marks and storage instructions to ensure my food is safe <input type="checkbox"/> I can name and use many pieces of equipment safely and correctly <input type="checkbox"/> I can plan cooking activities 	<p><u>Food commodities / Provenance:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I know that food is produced, processed and sold in different ways - e.g. conventional and organic farming, fair trade <input type="checkbox"/> 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"> <input type="checkbox"/> I can work in an organised way and prepare foods safely and hygienically every time I cook. <input type="checkbox"/> I know about preventing cross contamination and using colour coded boards. <input type="checkbox"/> -I can produce step by step plans with all information equipment and ingredients, <input type="checkbox"/> I know how to use utensils and electrical equipment safely <input type="checkbox"/> I can confidently preheat and

Nutrition:

- I know and can talk about ways to make a diet healthy and I understand the "Eatwell Guide".
- 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.

Evaluate

- I have written an evaluation and include strengths, weaknesses and suggestions for improvement.

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

Nutrition:

- 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

Evaluate

- I have written a detailed evaluation against the specifications, including strengths, weaknesses and clear suggestions for improvement.

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.

Nutrition:

- 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.

Evaluate

- I have written a detailed evaluation, taking into account what other people said about my product and have several clear suggestions for improvement. All improvements are justified.

Year 8 Making Healthy Choices	Emerging	Secure -Developing	Proficient- Excellent
	<p><u>Food commodities / Provenance:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I understand that food is processed into ingredients and they can be eaten or used in cooking- wheat into flour and flour into bread and pasta. <input type="checkbox"/> I know about the different raising agents and how they work in bread , cakes and pizza <input type="checkbox"/> I know that the foods we eat are dependent on different methods of cooking. <p><u>Cooking and Preparation:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I can work in an organised way and prepare foods safely and hygienically most times I cook. <input type="checkbox"/> I know what a date mark is and how to find out about storing foods safely <input type="checkbox"/> I can weigh and measure accurately with some support - I can use the rubbing in method 	<p><u>Food commodities / Provenance:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I can identify the symbols on food packaging and links to food. <input type="checkbox"/> I am aware of some key allergies and why labelling is important. Coeliac / dairy intolerance <p><u>Cooking and Preparation:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I am always organised and hygienic. <input type="checkbox"/> I understand the different terms used in date marking- 'use by' & 'best before'. <input type="checkbox"/> I weigh and measure accurately all the time <input type="checkbox"/> I follow instructions without teacher assistance <input type="checkbox"/> I can use the rubbing in method independently <input type="checkbox"/> I can knead, shape and prove bread independently <input type="checkbox"/> I can suggest ways to change the sensory properties of a dish to adapt it to other consumers. <input type="checkbox"/> I know how to make a roux sauce - <input type="checkbox"/> 	<p><u>Food commodities / Provenance:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I understand the term 'food miles', 'organic' and 'fair trade' and explain their meaning <input type="checkbox"/> I know that food is produced, processed and sold in different ways - e.g. conventional and organic farming, fair trade. <p><u>Cooking and Preparation:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I can produce step by step plans with a list of ingredients and equipment <input type="checkbox"/> I can identify key stages in the making process to ensure my food is safe- input safety and quality checks <input type="checkbox"/> I know about preventing cross contamination and using colour coded boards. <input type="checkbox"/> 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) <input type="checkbox"/> I can suggest ways to adapt

- 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 Nutrition: -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.

Food Science:

- I know that when you heat flour with a liquid the sauce thickens.

Evaluate

- I have written an evaluation and include strengths, weaknesses and suggestions for improvement.

Nutrition:

- 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 fat / sugar and starch.
- I can name some vitamins and minerals and link their jobs and sources

Food Science:

- I know and understand the term 'gelatinisation'.

Evaluate

- I have written a detailed evaluation against the specifications, including strengths, weaknesses and clear suggestions for improvement.

a recipe to enhance the sensory and nutritional properties of the dish.

Nutrition:

- 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

Food Science:

- I know and understand the term 'gelatinisation', I can explain the process to others.

Evaluate

- I have written a detailed evaluation, taking into account what other people said about my product and have several clear suggestions for improvement. All improvements are justified.

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Year 9 Food and the Environment	Basic -Secure 1-4	Secure - Developing 5-6	Proficient- Excelling 7-9
	<p><u>Food commodities / Provenance:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I can identify the symbols for organic / fair trade/ food miles and other SMES links to food. <input type="checkbox"/> I am aware of some key allergies and why labelling is important. <p><u>Cooking and Preparation:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I can work in an organised way and prepare foods safely and hygienically most times I cook. <input type="checkbox"/> I know about preventing cross contamination and using colour coded boards. <input type="checkbox"/> I know how to use date marks and storage instructions to ensure my food is safe <input type="checkbox"/> I can make a repertoire of predominantly savoury meals -I know how to use taste, texture and smell to decide how to season dishes 	<p><u>Food commodities / Provenance:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I understand and know the advantage to buying foods that are grown in the UK and in season <input type="checkbox"/> I understand the different ways that eggs and chicken are produced - 'organic' and 'free range' etc. <p><u>Cooking and Preparation:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I know how to adapt a recipe to suit different needs and target groups <input type="checkbox"/> I know about specific temperature controls of foods and storage places. <input type="checkbox"/> I know the principles of cleaning, preventing cross contamination, chilling, cooking food thoroughly and reheating food until it is 	<p><u>Food commodities / Provenance:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I can name different varieties of the commodities studied and explain how they are grown, reared, used in food preparation <input type="checkbox"/> I know that food is produced, processed and sold in different ways - e.g. conventional and organic farming, fair trade <input type="checkbox"/> <p><u>Cooking and Preparation:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 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.

	<p><input type="checkbox"/> .</p> <p><u>Nutrition</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I can discuss healthy eating and suggest ways to make a dish healthier. <input type="checkbox"/> I can list the main nutrients and explain the function (job) of each nutrient. <input type="checkbox"/> I can explain the problem of too much / too little of fat / sugar and starch <p><u>Evaluation</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I have written an evaluation and include strengths, weaknesses and suggestions for improvement. 	<p>steaming hot</p> <ul style="list-style-type: none"> <input type="checkbox"/> I know how to cook a repertoire of predominantly savoury dishes to feed myself and others a healthy and varied diet <input type="checkbox"/> I can use a wider range of preparation techniques and methods when cooking <input type="checkbox"/> I can cook different recipes to suit a range of needs, wants and values. <input type="checkbox"/> I can suggest ways to adapt recipes to increase the fibre content. Skills : separate, zest, stir-frying, steaming <p><u>Nutrition</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I can design a healthy dish and explain the nutritional value of most ingredients. <input type="checkbox"/> I know the implications of dietary excess or deficiency. eg. malnutrition, maintenance of a healthy weight. 	<ul style="list-style-type: none"> <input type="checkbox"/> I know how to cook a repertoire of predominantly savoury dishes to feed myself and others a healthy and varied diet <input type="checkbox"/> I can use a wider range of preparation techniques and methods when cooking <input type="checkbox"/> I can cook different recipes to suit a range of needs, wants and values <input type="checkbox"/> I know how to actively minimise food waste such as composting fruit and vegetable peelings and recycling food packaging Skills: drizzle, pipe, portion, bake blind, <p><u>Nutrition:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I know how to modify recipes and cook dishes that promote current healthy eating messages <input type="checkbox"/> 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. <input type="checkbox"/> I can confidently discuss all key nutrients, their job in the body, their sources – including 3 main vitamins and minerals.
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		<p><u>Evaluate</u></p> <ul style="list-style-type: none"><input type="checkbox"/> I have written a detailed evaluation against the specifications, including strengths, weaknesses and clear suggestions for improvement.	<p><u>Evaluate</u></p> <ul style="list-style-type: none"><input type="checkbox"/> I have written a detailed evaluation, taking into account what other people said about my product and have several clear suggestions for improvement. All improvements are justified.
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