



KS3 ASSESSMENT

Design & Technology Cooking & Food
BRAMHALL HIGH SCHOOL

	Acquiring	Developing	Secure	Mastered
	Is beginning to acquire the necessary knowledge for the topic(s)	Is developing the knowledge necessary to understand the topic	Understands the topic and is able to make links using the knowledge	Fully understands the topic and is able to confidently link knowledge.
<p>Tier 1 Diet & Health</p> <p>This project rotates on a 10 week carousel throughout year 7 & 8.</p>	<p>NUTRITION & HEALTH <i>NC “understand and apply the principles of nutrition and health”</i></p> <ul style="list-style-type: none"> ✓ Basic understanding of the Eatwell guide towards diet ✓ Limited application of “The 8 tips for healthy lifestyle” ✓ Basic understanding of nutrients found in ingredients <p>FOOD SOURCE AND SUPPLY <i>NC “understand the source, seasonality and characteristics of a broad range of ingredients”</i></p> <ul style="list-style-type: none"> ✓ Basic understanding of where starchy foods, dairy & alternatives, and protein rich foods are sourced from. ✓ Basic characteristics of ingredients used when describing some ingredients/ foods 	<p>NUTRITION & HEALTH <i>NC “understand and apply the principles of nutrition and health”</i></p> <ul style="list-style-type: none"> ✓ Adequate understanding of Eatwell guide linking to diet ✓ Adequate application of “The 8 tips for healthy lifestyle” towards a teenage diet ✓ Adequate understanding of nutrients found in ingredients used in tier 1 recipes <p>FOOD SOURCE AND SUPPLY <i>NC “understand the source, seasonality and characteristics of a broad range of ingredients”</i></p> <ul style="list-style-type: none"> ✓ Adequate understanding of where starchy foods, dairy & alternatives, and protein rich foods are sourced from. Healthier options can be identified 	<p>NUTRITION & HEALTH <i>NC “understand and apply the principles of nutrition and health”</i></p> <ul style="list-style-type: none"> ✓ Good understanding of Eatwell guide linking it to most tier 1 recipes ✓ Good application of “The 8 tips for healthy lifestyle” based on their family needs ✓ Good understanding of nutrients found in ingredients used in tier 1 recipes <p>FOOD SOURCE AND SUPPLY <i>NC “understand the source, seasonality and characteristics of a broad range of ingredients”</i></p> <ul style="list-style-type: none"> ✓ Good understanding of where foods are sourced from and how seasonality affects food choice. Healthier options can be identified 	<p>NUTRITION & HEALTH <i>NC “understand and apply the principles of nutrition and health”</i></p> <ul style="list-style-type: none"> ✓ Exceptional understanding of the Eatwell guide linking it to all tier 1 recipes ✓ Exceptional application of “The 8 tips for healthy lifestyle” with the ability to suggest alterations to various lifestyles ✓ Justified understanding of nutrients found in ingredients used in tier 1 recipes <p>FOOD SOURCE AND SUPPLY <i>NC “understand the source, seasonality and characteristics of a broad range of ingredients”</i></p> <ul style="list-style-type: none"> ✓ Detailed understanding of where foods are sourced from and how seasonality affects food choice. Multiple healthy options can be identified for each recipe

	<p>COOKING <i>NC “cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet”</i></p> <ul style="list-style-type: none"> ✓ Limited application of heat in different ways; Grilling, Baking, Boiling, Simmering, Chilling – sometimes requiring assistance ✓ Limited awareness of taste, texture and smell to decide how to season dishes and combine ingredients; <p>FOOD PREPARATION <i>NC “become competent in a range of cooking techniques”</i></p> <ul style="list-style-type: none"> ✓ Basic selection and preparation of ingredients; ✓ Basic use of specialist utensils and electrical equipment; a significant amount of help required ✓ Limited adaption of recipes or have not used their own recipes 	<ul style="list-style-type: none"> ✓ Adequate characteristics of a broad range of ingredients used when describing ingredients/ foods in tier 1 <p>COOKING <i>NC “cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet”</i></p> <ul style="list-style-type: none"> ✓ Adequate skill demonstrating application of heat in different ways; Grilling, Baking, Boiling, Simmering, Chilling ✓ Sufficient awareness of taste, texture and smell to decide how to season dishes and combine ingredients; <p>FOOD PREPARATION <i>NC “become competent in a range of cooking techniques”</i></p> <ul style="list-style-type: none"> ✓ Suitable selection and preparation of ingredients; ✓ Correct use of specialist utensils and electrical equipment; some assistance needed 	<ul style="list-style-type: none"> ✓ A good understanding of the characteristics of most of the ingredients used when describing ingredients/ foods in tier 1 <p>COOKING <i>NC “cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet”</i></p> <ul style="list-style-type: none"> ✓ Good skill demonstrating application of heat in different ways; Grilling, Baking, Boiling, Simmering, Chilling. No adult help required ✓ Detailed awareness of taste, texture, and smell to decide how to season dishes and combine ingredients; alterations made when required <p>FOOD PREPARATION <i>NC “become competent in a range of cooking techniques”</i></p>	<ul style="list-style-type: none"> ✓ Complex characteristics of all the ingredients used when describing ingredients/ foods in tier 1 <p>COOKING <i>NC “cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet”</i></p> <ul style="list-style-type: none"> ✓ Excellent skill demonstrating application of heat in different ways; Grilling, Baking, Boiling, Simmering, Chilling. No adult help required, and able to support others when appropriate ✓ Detailed awareness of taste, texture and smell to decide how to season dishes and combine ingredients; alterations made when required <p>FOOD PREPARATION <i>NC “become competent in a range of cooking techniques”</i></p> <ul style="list-style-type: none"> ✓ Excellent selection and preparation of ingredients.
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		<ul style="list-style-type: none">✓ Suitable adaption of recipes on occasions	<ul style="list-style-type: none">✓ Good selection and preparation of ingredients; based on family requirements✓ Good use of specialist utensils and electrical equipment; no assistance required.✓ Considered adaption of recipes to meet a particular need	<ul style="list-style-type: none">✓ Outstanding use of specialist utensils and electrical equipment; Is able to support others✓ Justified & explained adaption of recipes
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	Acquiring	Developing	Secure	Mastered
	Is beginning to acquire the necessary knowledge for the topic(s)	Is developing the knowledge necessary to understand the topic	Understands the topic and is able to make links using the knowledge	Fully understands the topic and is able to confidently link knowledge.
<p>Term 1a Food around the world</p> <p>This project covers 3 half terms.</p> <p>British, French, Italian, Indian cuisine</p>	<p>NUTRITION & HEALTH <i>NC “understand and apply the principles of nutrition and health”</i></p> <ul style="list-style-type: none"> ✓ Basic understanding of knowledge demonstrating that a variety of food is needed in the diet because different foods provide different nutrients <p>FOOD SOURCE AND SUPPLY <i>NC “understand the source, seasonality and characteristics of a broad range of ingredients”</i></p> <ul style="list-style-type: none"> ✓ Basic understanding of British, French, Italian & Indian foods and how seasonality affects food choice. Limited healthy options can be identified for some recipe ✓ Be aware of portion sizes for individual needs. <p>COOKING</p>	<p>NUTRITION & HEALTH <i>NC “understand and apply the principles of nutrition and health”</i></p> <ul style="list-style-type: none"> ✓ Adequate understanding of knowledge demonstrating that a variety of food is needed in the diet because different foods provide different substances required for our health. <p>FOOD SOURCE AND SUPPLY <i>NC “understand the source, seasonality and characteristics of a broad range of ingredients”</i></p> <ul style="list-style-type: none"> ✓ Adequate understanding of British, French, Italian & Indian foods and how seasonality affects food choice. Some healthy options can be identified for each recipe ✓ Be aware of portion sizes for individual needs. ✓ Read and make use of the main information on labels. 	<p>NUTRITION & HEALTH <i>NC “understand and apply the principles of nutrition and health”</i></p> <ul style="list-style-type: none"> ✓ Good understanding of knowledge demonstrating that a variety of food is needed in the diet because different foods provide different substances required for our health, namely macronutrients (Carbs, protein, fat) water and fibre. <p>FOOD SOURCE AND SUPPLY <i>NC “understand the source, seasonality and characteristics of a broad range of ingredients”</i></p> <ul style="list-style-type: none"> ✓ A Good understanding of British, French, Italian & Indian foods and how seasonality affects food choice. Multiple healthy options can be identified for each recipe ✓ Be aware that advertising can influence choice. 	<p>NUTRITION & HEALTH <i>NC “understand and apply the principles of nutrition and health”</i></p> <ul style="list-style-type: none"> ✓ Exceptional understanding of knowledge demonstrating that a variety of food is needed in the diet because different foods provide different substances required for our health, namely nutrients (Carbs, protein, fat, vit and mins), water and fibre. <p>FOOD SOURCE AND SUPPLY <i>NC “understand the source, seasonality and characteristics of a broad range of ingredients”</i></p> <ul style="list-style-type: none"> ✓ Detailed understanding of where British, French, Italian& Indian foods are sourced from and how seasonality affects food choice. Multiple healthy options can be identified for each recipe ✓ Be aware that advertising can influence choice.

	<p>NC “cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet”</p> <ul style="list-style-type: none"> ✓ Basic skill set demonstrating food preparation skills from cuisines around the world. <i>Victoria Sandwich cake, Artisan Bread, Pizza, Curry</i> ✓ Presentation of food is rarely attempted. Can follow a recipe independently with adult help required, ✓ Basic understanding of tastes from a range of suitable ingredients. ✓ Basic understanding of the value of eating together <p>FOOD PREPARATION</p>	<p>COOKING</p> <p>NC “cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet”</p> <ul style="list-style-type: none"> ✓ Adequate skill set demonstrating food preparation skills from cuisines around the world. <i>Victoria Sandwich cake, Artisan Bread, Pizza, Curry</i> ✓ Presentation of food is attempted in various. Can follow a recipe independently with limited adult help required, ✓ Sufficient understanding of tastes from a range of suitable ingredients and healthy recipes reflecting cultural diversity. ✓ Adequate understanding of the value of eating together in different cultures around the world. <p>FOOD PREPARATION</p>	<ul style="list-style-type: none"> ✓ Be aware of portion sizes for individual needs. ✓ Read and make use of the main information on labels. <p>COOKING</p> <p>NC “cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet”</p> <ul style="list-style-type: none"> ✓ Good skill set demonstrating a range of food preparation skills from cuisines around the world. <i>Victoria Sandwich cake, Artisan Bread, Pizza, Curry</i> ✓ Presentation of food is considered in attractive ways for others. Can follow a recipe independently with no adult help required, ✓ A good understanding of tastes from a range of suitable ingredients and healthy recipes reflecting cultural diversity. ✓ An understanding of the value of eating together in different cultures around the world. <p>FOOD PREPARATION</p>	<ul style="list-style-type: none"> ✓ Be aware of portion sizes for individual needs. ✓ Read and make use of the main information on labels. <p>COOKING</p> <p>NC “cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet”</p> <ul style="list-style-type: none"> ✓ Excellent skills demonstrating an increasing range of food preparation skills from cuisines around the world. <i>Victoria Sandwich cake, Artisan Bread, Pizza, Curry</i> ✓ Exceptional presentation of food in attractive ways for others. Can follow a recipe independently No adult help required, and able to support others when appropriate ✓ A comprehensive understanding of tastes from a broad range of ingredients and healthy recipes reflecting cultural diversity. ✓ Appreciate the value of eating together in different cultures around the world.
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	<p>NC “become competent in a range of cooking techniques”</p> <ul style="list-style-type: none"> ✓ Basic/no selection and preparation of ingredients in accordance with different cultures. ✓ Basic use of specialist utensils and electrical equipment; with adult assistance ✓ Basic/no adaption of recipes 	<p>NC “become competent in a range of cooking techniques”</p> <ul style="list-style-type: none"> ✓ Adequate selection and preparation of ingredients in accordance with different cultures. ✓ Adequate use of specialist utensils and electrical equipment; without adult assistance ✓ Adequate adaption of some recipes 	<p>NC “become competent in a range of cooking techniques”</p> <ul style="list-style-type: none"> ✓ Good selection and preparation of ingredients in accordance with different cultures. ✓ Good use of specialist utensils and electrical equipment; without adult assistance ✓ Considered adaption of recipes match with the target market 	<p>FOOD PREPARATION</p> <p>NC “become competent in a range of cooking techniques”</p> <ul style="list-style-type: none"> ✓ Excellent selection and preparation of ingredients in accordance with different cultures. ✓ Outstanding use of specialist utensils and electrical equipment; Is able to support others ✓ Justified & explained adaption of recipes
<p>Term 1b Food around the world</p> <p>This project covers 3 half terms.</p> <p>Chinese & Mexican cuisine</p>	<p>NUTRITION & HEALTH</p> <p>NC “understand and apply the principles of nutrition and health”</p> <ul style="list-style-type: none"> ✓ Basic level of research and investigation of existing food products suitable various cultures.(China, Mexico) <p>FOOD SOURCE AND SUPPLY</p>	<p>NUTRITION & HEALTH</p> <p>NC “understand and apply the principles of nutrition and health”</p> <ul style="list-style-type: none"> ✓ Adequate level of research and investigation of existing food products suitable for teenagers/families from different cultures.(China, Mexico) <p>FOOD SOURCE AND SUPPLY</p>	<p>NUTRITION & HEALTH</p> <p>NC “understand and apply the principles of nutrition and health”</p> <ul style="list-style-type: none"> ✓ A good level of research and investigation of existing food products suitable for teenagers/families from different cultures.(China, Mexico) <p>FOOD SOURCE AND SUPPLY</p>	<p>NUTRITION & HEALTH</p> <p>NC “understand and apply the principles of nutrition and health”</p> <ul style="list-style-type: none"> ✓ Exceptional research and investigation of existing food products suitable for teenagers/families from different cultures.(China, Mexico) <p>FOOD SOURCE AND SUPPLY</p>

	<p>NC “understand the source, seasonality and characteristics of a broad range of ingredients”</p> <ul style="list-style-type: none"> ✓ Basic understanding of where Chinese, Mexican foods are sourced from. Limited healthy options can be identified for some recipe <p>COOKING NC “cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet”</p> <ul style="list-style-type: none"> ✓ Basic range of food preparation skills from cuisines around the world. <i>Sweet n sour, chilli con carne,</i> ✓ Presentation of food is basic or not attempted. Can follow a recipe independently. Lots of adult help ✓ Basic understanding of tastes from a range of suitable ingredients and healthy recipes reflecting cultural diversity. <p>FOOD PREPARATION</p>	<p>NC “understand the source, seasonality and characteristics of a broad range of ingredients”</p> <ul style="list-style-type: none"> ✓ Adequate understanding of where Chinese, Mexican foods are sourced from and how seasonality affects food choice. Multiple healthy options can be identified for each recipe <p>COOKING NC “cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet”</p> <ul style="list-style-type: none"> ✓ Adequate range of skills demonstrating an increasing range of food preparation skills from cuisines around the world. <i>Sweet n sour, chilli con carne,</i> ✓ Presentation of food is attempted in attractive ways for others. Can follow a recipe independently. Limited adult help <ul style="list-style-type: none"> ✓ Adequate understanding of tastes from a range of suitable 	<p>NC “understand the source, seasonality and characteristics of a broad range of ingredients”</p> <ul style="list-style-type: none"> ✓ Good understanding of where Chinese, Mexican foods are sourced from and how seasonality affects food choice. Multiple healthy options can be identified for each recipe <p>COOKING NC “cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet”</p> <ul style="list-style-type: none"> ✓ A Good range of skills demonstrating an increasing range of food preparation skills from cuisines around the world. <i>Sweet n sour, chilli con carne,</i> ✓ Presentation of food is considered in attractive ways for others. Can follow a recipe independently No adult help required, <ul style="list-style-type: none"> ✓ A good understanding of tastes from a range of suitable 	<p>NC “understand the source, seasonality and characteristics of a broad range of ingredients”</p> <ul style="list-style-type: none"> ✓ Detailed understanding of where Chinese, Mexican foods are sourced from and how seasonality affects food choice. Multiple healthy options can be identified for each recipe <p>COOKING NC “cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet”</p> <ul style="list-style-type: none"> ✓ Excellent skills demonstrating an increasing range of food preparation skills from cuisines around the world. <i>Sweet n sour, chilli con carne,</i> ✓ Exceptional presentation of food in attractive ways for others. Can follow a recipe independently No adult help required, and able to support others when appropriate <ul style="list-style-type: none"> ✓ A comprehensive understanding of tastes from a
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	<p>NC “become competent in a range of cooking techniques”</p> <ul style="list-style-type: none"> ✓ Basic use of specialist tools, techniques, processes, equipment and machinery. ✓ Using a mix of hand and mechanical labour saving devices. ✓ Little/no quality control checks carried throughout cooking. ✓ Basic use of suitable ingredients and components, taking into account sensory properties 	<p>ingredients and healthy recipes reflecting cultural diversity.</p> <ul style="list-style-type: none"> ✓ A limited understanding of the value of eating together in different cultures around the world. <p>FOOD PREPARATION</p> <p>NC “become competent in a range of cooking techniques”</p> <ul style="list-style-type: none"> ✓ Adequate use of specialist tools, techniques, processes, equipment and machinery. ✓ Using a mix of hand and mechanical labour saving devices. ✓ Some quality control checks carried throughout cooking. ✓ Adequate use a range of suitable ingredients and components, taking into account sensory properties. 	<p>ingredients and healthy recipes reflecting cultural diversity.</p> <ul style="list-style-type: none"> ✓ An understanding of the value of eating together in different cultures around the world. <p>FOOD PREPARATION</p> <p>NC “become competent in a range of cooking techniques”</p> <ul style="list-style-type: none"> ✓ Good use of specialist tools, techniques, processes, equipment and machinery. ✓ Using a mix of hand and mechanical labour saving devices. ✓ Considered quality control checks carried throughout cooking. ✓ Used a range of suitable ingredients and components, taking into account their functional and sensory properties. 	<p>broad range of ingredients and healthy recipes reflecting cultural diversity.</p> <ul style="list-style-type: none"> ✓ Appreciate the value of eating together in different cultures around the world. <p>FOOD PREPARATION</p> <p>NC “become competent in a range of cooking techniques”</p> <ul style="list-style-type: none"> ✓ Exceptional use of specialist tools, techniques, processes, equipment and machinery precisely & skilfully. ✓ Using a mix of exceptional hand and mechanical labour saving devices. ✓ Extensive quality control checks carried throughout cooking. ✓ Used a wide range of complex ingredients and components, taking into account their functional and sensory properties.
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<p>Term 2a</p>	<p>NUTRITION & HEALTH <i>NC “understand and apply the principles of nutrition and health”</i></p> <ul style="list-style-type: none"> ✓ Basic reasons for choice of cuisine to inform, functional and appealing products suitable for teenagers. ✓ Basic cuisine recipes used to generate ideas. ✓ Basic ideas produced using mood boards and time plans. <p>FOOD SOURCE AND SUPPLY <i>NC “understand the source, seasonality and characteristics of a broad range of ingredients”</i></p> <ul style="list-style-type: none"> ✓ Adequate understanding of selected cuisine, where ingredients are sourced from and how seasonality affects food choice. Some healthy options can be identified for each recipe <p>COOKING <i>NC “cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet”</i></p>	<p>NUTRITION & HEALTH <i>NC “understand and apply the principles of nutrition and health”</i></p> <ul style="list-style-type: none"> ✓ Adequate reasons for choice of cuisine to inform, functional and appealing products suitable for teenagers. ✓ Suitable cuisine recipes used to generate ideas. ✓ Adequate ideas produced using mood boards and time plans. <p>FOOD SOURCE AND SUPPLY <i>NC “understand the source, seasonality and characteristics of a broad range of ingredients”</i></p> <ul style="list-style-type: none"> ✓ Adequate understanding of selected cuisine, where ingredients are sourced from and how seasonality affects food choice. Some healthy options can be identified for each recipe <p>COOKING <i>NC “cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet”</i></p>	<p>NUTRITION & HEALTH <i>NC “understand and apply the principles of nutrition and health”</i></p> <ul style="list-style-type: none"> ✓ A Reasoned choice of cuisine to inform, functional and appealing products suitable for teenagers. ✓ A variety of recipe approaches to generate ideas and avoid stereotypical responses. ✓ Well developed ideas using mood boards and time plans. <p>FOOD SOURCE AND SUPPLY <i>NC “understand the source, seasonality and characteristics of a broad range of ingredients”</i></p> <ul style="list-style-type: none"> ✓ Good understanding of a selected cuisine, where ingredients are sourced from and how seasonality affects food choice. Multiple healthy options can be identified for each recipe 	<p>NUTRITION & HEALTH <i>NC “understand and apply the principles of nutrition and health”</i></p> <ul style="list-style-type: none"> ✓ Detailed & justified choice of cuisine to inform innovative, functional and appealing products suitable for teenagers. ✓ A variety of recipe approaches to generate innovative ideas and avoid stereotypical responses. ✓ Imaginative developed ideas using mood boards and detailed plans. <p>FOOD SOURCE AND SUPPLY <i>NC “understand the source, seasonality and characteristics of a broad range of ingredients”</i></p> <ul style="list-style-type: none"> ✓ Detailed understanding of a selected cuisines foods, where ingredients are sourced from and how seasonality affects food choice. Multiple healthy options can be identified for each recipe
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	<ul style="list-style-type: none"> ✓ Basic range of food preparation skills from cuisines around the world. <i>Sweet n sour, chilli con carne,</i> ✓ Presentation of food is basic or not attempted. Can follow a recipe independently. Lots of adult help ✓ Basic understanding of tastes from a range of suitable ingredients and healthy recipes reflecting cultural diversity. <p>FOOD PREPARATION <i>NC “become competent in a range of cooking techniques”</i></p> <ul style="list-style-type: none"> ✓ Basic use of specialist tools, techniques, processes, equipment and machinery. ✓ Using a mix of hand and mechanical labour saving devices. ✓ Little/no quality control checks carried throughout cooking. ✓ Basic use of suitable ingredients and components, taking into account sensory properties 	<ul style="list-style-type: none"> ✓ Adequate range of preparation skills from cuisines around the world. <i>Sweet n sour, chilli con carne,</i> ✓ Presentation of food is attempted in attractive ways for others. Can follow a recipe independently. Limited adult help ✓ Adequate understanding of tastes from a range of suitable ingredients and healthy recipes reflecting cultural diversity. ✓ A limited understanding of the value of eating together in different cultures around the world. <p>FOOD PREPARATION <i>NC “become competent in a range of cooking techniques”</i></p> <ul style="list-style-type: none"> ✓ Adequate use of specialist tools, techniques, processes, equipment and machinery. ✓ Using a mix of hand and mechanical labour saving devices. ✓ Some quality control checks carried throughout cooking. 	<p>COOKING <i>NC “cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet”</i></p> <ul style="list-style-type: none"> ✓ A Good range of skills demonstrating an increasing range of food preparation skills from cuisines around the world. <i>Sweet n sour, chilli con carne,</i> ✓ Presentation of food is considered in attractive ways for others. Can follow a recipe independently No adult help required, ✓ A good understanding of tastes from a range of suitable ingredients and healthy recipes reflecting cultural diversity. ✓ An understanding of the value of eating together in different cultures around the world. 	<p>COOKING <i>NC “cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet”</i></p> <ul style="list-style-type: none"> ✓ Excellent skills demonstrating an increasing range of food preparation skills from cuisines around the world. <i>Sweet n sour, chilli con carne,</i> ✓ Exceptional presentation of food in attractive ways for others. Can follow a recipe independently No adult help required, and able to support others when appropriate ✓ A comprehensive understanding of tastes from a broad range of ingredients and healthy recipes reflecting cultural diversity. ✓ Appreciate the value of eating together in different cultures around the world.
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		<p>✓ Adequate use a range of suitable ingredients and components, taking into account sensory properties.</p>	<p>FOOD PREPARATION <i>NC “become competent in a range of cooking techniques”</i></p> <ul style="list-style-type: none"> ✓ Good use of specialist tools, techniques, processes, equipment and machinery precisely & skilfully. ✓ Using a mix of hand and mechanical labour saving devices. ✓ Considered quality control checks carried throughout cooking. ✓ Used a range of suitable ingredients and components, taking into account their functional and sensory properties. 	<p>FOOD PREPARATION <i>NC “become competent in a range of cooking techniques”</i></p> <ul style="list-style-type: none"> ✓ Exceptional use of specialist tools, techniques, processes, equipment and machinery precisely & skilfully. ✓ Using a mix of exceptional hand and mechanical labour saving devices. ✓ Extensive quality control checks carried throughout cooking. ✓ Used a wide range of complex ingredients and components, taking into account their functional and sensory properties.
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