

Cooking and Nutrition Homework Guidelines

Key Stage 3

<u>Homework set</u>	<u>Method of assessment</u>	<u>Approximate time to complete task</u>	<u>Timescale for completion</u>	<u>Frequency of task</u>
Years 7, 8 & 9. Purchase food, weigh and measure ingredients for a practical. Consider amendments to basic recipes (Students are actively encouraged to participate in this to give them a greater understanding of food).	Cooking skills are assessed on a weekly basis. Areas of consideration planning, organisation and making. Teacher, peer and self - assessment.	This is dependent on where the student lives and the proximity to the shops. This should take between 30 minutes – 1 hour.	For the next lesson	Weekly
Year 7/8 Final Assessments for Modules Choose one of the dishes you have made in your food lessons and using the skills you have gained, develop this dish further. Plan, organise, make and present this dish(The making will take place in the lesson)	Teacher Assessment. The practical will be reviewed and discussed in class. Verbal and written feedback given. Peer Assessment of practical work.	30 minutes – 1 hour	For the next lesson.	Once
Year 8 Final Assessment Module 2 Create a 1 day menu including breakfast, lunch and dinner which incorporates one of the dishes you have made during the rotation. The menu should follow 'The Eat Well Plate'. Make the dish you have chosen(The making will take place in the lesson)	Teacher Assessment. The practical will be reviewed and discussed in class. Verbal and written feedback given. Peer Assessment of practical work The 1 day menu will be assessed by the teacher.	30 minutes – 1 hour. This includes the purchasing and preparation of ingredients.	For the next lesson	Once

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<p style="text-align: center;">Year 9 Final Assessments</p> <p style="text-align: center;">Module 1</p> <p>Using the knowledge gained during your lessons create a leaflet titled 'Top tips for Cooking on a Budget'. Your leaflet should be colourful and informative and ideally should be created using ICT.</p> <p>Module 2 Select a group of people that follow a special diet e.g. vegetarian, religious or health concern. Create a dish that would be suitable for this group. Plan, organise and make your dish (the making of the dish will take place in the lesson).</p>	<p>The leaflet will be assessed by the Teacher.</p> <p>The practical will be reviewed and discussed in class. Verbal and written feedback given.</p> <p>Peer Assessment of practical work.</p>	<p>30 minutes - 1 hour.</p> <p>1 hour</p>	<p>For the next lesson</p> <p>For the next lesson</p>	<p>Once</p> <p>Once</p>