

Year 7 Cooking and Nutrition Progress Criteria 2019

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Students will be taught to:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients

	Foundation	Secure	Advanced	Exceptional
Hygiene and Safety	Personal hygiene considered . Food stored safely. General safety good Reminders may be given. Can identify hazards in the kitchen.	Personal hygiene good throughout the lesson. Equipmen used following all safety guidelines. Hazards can be identified and solutions can be found.	Personal hygiene and kitchen hygiene good throughout. Safety considered in all areas when preparing a variety of foods including high risk foods.	All of the other stages plus ability to write a risk assessment evident.
Organisation	Most Ingredients brought to lesson. Recipe followed with help. Work area may require attention.	Ready to cook Recipe being followed Good time management Work space clear	Recipes followed independently and adjusted where necessary. Time management excellent. Work area cleared during cooking process.	All of the other stages plus a range of complex skills shown with confidence using a variety of ingredients.
Food Preparation Skills	Correct equipment used. Knife skills adequate Weighing and measuring completed with help.	Correct equipment used independently. Knife skills good. Weighing and measuring completed accurately. A variety of basic skills evident.	Correct equipment selected and used independently. Knife skills excellent following correct techniques. A wide variety of skills shown with excellent precision.	All of the other stages plus a range of complex skills shown with confidence using a variety of ingredients.

Cooking	Cooker used safely with help. Correct equipment selected. Correct cooking method used.	Cooker used safely and competently. Temperature set correctly. Suitable cooking methods selected	Cooker used safely and competently, adjusting temperatures where necessary. Cooking methods selected to produce a healthy dish using a variety of ingredients.	All of the other stages plus cooking methods selected to adapt sensory factors.
Final Dish	Dish completed to a reasonable standard.	Dish completed to a good standard Thought given to presentation.	Dish completed to an excellent standard showing good presentation techniques. Taste, Smell and Appeal considered.	High quality dish created considering all sensory factors. Presentation excellent and creative.
Theory	A basic knoweldge of food and cooking evident. Written work completed to a basic standard.	A good knowledge of the principles of cooking and nutrition evident and applied to tasks set. Written work of a good standard.	An excellent understanding shown of the principles of cooking and nutrition to improve all areas of life. Written work completed in detail.	All of the other stages plus written work completed in depth using technical terminology to a wide range of topics.