



**Kettlethorpe**  
**HIGH SCHOOL**

Kettlethorpe High School  
Progression Steps  
Food Preparation and Nutrition -  
Year 7

# 6

## Analysis – Principles of Nutrition and Health

### Mastering

- I understand I know the function and sources of the main nutrients and their links to health and can apply this to adapt and make nutritious products.

## Making – Competence and Accuracy

### Mastering

- Products produced with a variety of technical skills and presented to a high standard.

## Making – Independence and Confidence

### Mastering

- Use appropriate techniques and processes to produce a product independently within the time available.
- Demonstration of awareness of health and safety at all times.

## Evaluation – Objective and Developmental

### Mastering

- Explanation of how a finished article could be adapted and in what ways this would improve the product.

# 5

## Analysis – Principles of Nutrition and Health

### Securing

- I understand some of the principles of nutrition and health.
- I understand the eight tips for healthy eating and can apply them to my own diet.

## Making – Competence and Accuracy

### Securing

- Product presented to a good standard.

## Making – Independence and Confidence

### Securing

- Use appropriate techniques and processes in a confident and organised manner.
- Clears area and shared spaces efficiently, independently and as part of a team.

## Evaluation – Objective and Developmental

### Securing

- Some explanation of how a finished article could be improved if the make was repeated.

## 4

### Analysis – Principles of Nutrition and Health

#### Developing

- I can identify the sections in the Eatwell plate and use this to plan and make nutritious products. I know that the food and drink I consume affect my health now and in the future.

### Making – Competence and Accuracy

#### Developing

- Product presented attractively using simple presentation techniques.

### Making – Independence and Confidence

#### Developing

- Use most techniques and processes to complete a product independently.
- Independently wash and clear area.

## Evaluation – Objective and Developmental

### Developing

- Simple list, containing sensory words, of good and bad points of a finished article

## 3

## Analysis – Principles of Nutrition and Health

### Emerging

- I can identify the sections in the Eatwell plate and name foods to go in each section.

## Making – Competence and Accuracy

### Emerging

- Product presented in an appropriate manner although quality of finish / garnishing needs improvement.

## Making – Independence and Confidence

### Emerging

- Complete a product with support (product would otherwise be incomplete).
- Clears up area with prompts.

## Evaluation – Objective and Developmental

### Emerging

- Simple list of good and bad points of a finished article.