



Kettlethorpe
HIGH SCHOOL

Kettlethorpe High School
Progression Steps
Food Preparation and Nutrition -
Year 8

7

Analysis – Principles of Nutrition and Health

Mastering

- I can analyse the nutritional content of a dish and suggest improvements.

Making – Competence and Accuracy

Mastering

- I can independently produce a variety of dishes (mostly savoury) using a greater range of cooking techniques.

Making – Independence and Confidence

Mastering

- I am very organised and select/use equipment with precision.
- I look ahead in recipes to see any potential problems and can think of alternative ways of working.
- I demonstrate a detailed understanding of hygiene and safety rules.

Evaluation – Functions of Ingredients

Mastering

- I can use some technical language to explain some of the changes that take place when food is processed e.g. coagulation, gelatinization, Maillarding

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Analysis – Principles of Nutrition and Health

Securing

- 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

Securing

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

Making – Independence and Confidence

Securing

- 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 – Functions of Ingredients

Securing

- I can name some of the processes that cause changes when food is cooked eg when toast browns.

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Analysis – Principles of Nutrition and Health

Developing

- 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

Developing

- Product presented to a good standard.

Making – Independence and Confidence

Developing

- 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 – Functions of Ingredients

Developing

- I understand a few functions of ingredients in recipes e.g. flour thickens a sauce; egg can be used to glaze or set a mixture.

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Analysis – Principles of Nutrition and Health

Emerging

- 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

Emerging

- Product presented attractively using simple presentation techniques.

Making – Independence and Confidence

Emerging

- Use most techniques and processes to complete a product independently.

- Independently wash and clear area.

Evaluation – Functions of Ingredients

Emerging

- I understand that foods change when heat is applied in different ways.
- I understand that foods change when processed in different ways e.g. when whisked.