

The logo for Kettlethorpe High School is located in the top left corner. It features the school's name in a bold, sans-serif font. The word "Kettlethorpe" is in white, and "HIGH SCHOOL" is in orange. The background of the logo is a dark blue. The entire top section of the slide is decorated with a stylized roof graphic composed of overlapping geometric shapes in shades of blue and orange, separated by white lines.

Kettlethorpe
HIGH SCHOOL

Kettlethorpe High School
Progression Steps
Food Year 8

9A-9C

Analysis: Principles of nutrition and health

I can analyse the nutritional content of a dish and suggest improvements to an exceptional standard.

Making: Competence and Accuracy

I can independently produce a variety of dishes (mostly savoury) using a greater range of cooking techniques to an exceptional standard.

Making: Independence and Confidence

I am very organised and select/use equipment with precision.

I look ahead in recipes to see any potential problems and can think of alternatives. ways of working.

I demonstrate a detailed understanding of hygiene and safety rules and always work to an exceptional standard.

Evaluation: Functions of ingredients

I can use technical language to explain the changes that take place when food is processed e.g coagulation, gelatinization, Maillarding to an exceptional standard.

8A-8C

Analysis: Principles of nutrition and health

I can analyse the nutritional content of a dish and suggest improvements to an excellent standard

Making: Competence and Accuracy

I can independently produce a variety of dishes (mostly savoury) using a greater range of cooking techniques to an excellent standard.

Making: Independence and Confidence

I am very organised and select/use equipment with precision.

I look ahead in recipes to see any potential problems and can think of alternatives. ways of working.

I demonstrate a detailed understanding of hygiene and safety rules and always work to an excellent standard.

Evaluation: Functions of ingredients

I can use technical language to explain the changes that take place when food is processed e.g coagulation, gelatinization, Maillarding to an excellent standard

7A-7C

Analysis: Principles of nutrition and health

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

Making: Competence and Accuracy

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

Making: Independence and Confidence

I am very organised and select/use equipment with precision.

I look ahead in recipes to see any potential problems and can think of alternatives. ways of working.

I demonstrate a detailed understanding of hygiene and safety rules.

Evaluation: Functions of ingredients

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

6A-6C

Analysis: Principles of nutrition and health

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

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

Making: Independence and Confidence

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

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

5A-5C

Analysis: Principles of nutrition and health

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

Product presented to a good standard.

Making: Independence and Confidence

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

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

4A-4C

Analysis: Principles of nutrition and health

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

Product presented attractively using simple presentation techniques.

Making: Independence and Confidence

Use most techniques and processes to complete a product independently.

Independently wash and clear area.

Evaluation: Functions of ingredients

I understand that foods change when heat is applied in different ways.

I understand that foods change when processed in different ways eg when whisked.

