

**Core Content Overview:**

As part of their work with food, pupils will be taught how to cook and apply the principles of nutrition and healthy eating. This will enable pupils to be able to feed themselves in a nutritious and economic manner. Creativity will be encouraged, through the engagement of practical skills.

Standard operating procedures – safety and hygiene. Identify and use kitchen utensils and equipment, including different parts of a cooker and electrical equipment. Practical cooking.	Principles of nutrition and health – The Eatwell guide and healthy eating guidelines. Nutrients. Packed lunch project –Dietary analysis, planning, cooking and evaluation. Use of ICT.	Sources of food – origin. Seasonality – availability of food. Characteristics – function, nutrient profile and sensory attributes of ingredients.
Individual/pair/ group work. Time management.	Awareness of socio-economic factors.	

**Key Skills:**

Weighing and measuring.  
Safe handling, cooking and storage of ingredients.  
Cake making – All-in-one, rubbing-in, melting and whisking methods.  
Cake decorating – glaze, butter and fondant icing. Melted chocolate.

Knife skills – fruit and vegetable preparation.  
Pastry making and use of standard components.  
Bread making and recipe development  
Sauce making.

<b>GRADE</b>	<b>DESCRIPTOR</b>
<b>Yr 7 Grade 7</b>	Pupils will be able to weigh and measure ingredients with some accuracy. They will be able to demonstrate the rubbing in process by achieving a fine crumb consistency. Some of the time they will accurately use the 'bridge and claw' method when preparing fruit and vegetables. A good attempt will be made in the making of Shortcrust pastry but the final dough may be slightly too sticky or too dry. Some finishing techniques are demonstrated to a good standard with good time management, hygiene and safety evidenced. In the Packed lunch project, the pupils will include some relevant research and include an analysis and very good knowledge of the Eatwell guide. They will be able to select some appropriate Packed lunch products and suggest recipe improvements.
<b>Yr 7 Grade 4/5</b>	Pupils will display limited accuracy in weighing and measuring ingredients. The rubbing in process will result in a sticky consistency. They will make an attempt to use the 'Bridge and claw' method when preparing fruit and vegetables. When making Shortcrust pastry they will have to correct the consistency of the dough by adding some water or flour. There is a lack of consideration when demonstrating finishing techniques. Time management is satisfactory and adequate attention is given to hygiene and safety. In the Packed lunch project the pupils display limited research and analysis of the Eatwell guide. They can select some packed lunch products and suggest 1 or 2 recipe improvements.
<b>Yr 7 Grade 1</b>	Pupils will need support to weigh and measure ingredients and with the rubbing in process. They will not be able to demonstrate the 'Bridge and claw' method independently and again will need support in the making of bread dough. There is no consideration by the pupil of finishing techniques and products are often incomplete. Time management is poor and again the pupil lacks consideration of hygiene and safety.

**Core Content Overview:**

As part of their work with food, pupils will be taught how to cook a repertoire of predominantly savoury dishes, so that they are able to feed themselves and others, a healthy and nutritious diet. Pupils will become competent in a range of cooking techniques, in selecting and preparing ingredients, using utensils and electrical equipment, applying heat in different ways, as well as developing an awareness of sensory factors.

Creativity will be encouraged, through the engagement of practical skills.

<p>Standard operating procedures – room and food safety and hygiene. Select and use appropriate equipment, including electrical appliances. Practical cooking and functions of ingredients.</p>	<p>Principles of nutrition and health for different life stages. – The Eatwell guide. Special dietary requirements Food labelling. Scales of production. Festival food project – Analysis and consumer profile. Planning, cooking and evaluation. Use of ICT.</p>	<p>Sources of food – origin. Multi-cultural cuisine. Seasonality – availability of food. Environmental issues – food packaging, sustainability, local sourcing and food miles, organic, food waste. Characteristics – nutrients &amp; functions, nutrient profile and sensory attributes of ingredients.</p>
<p>Individual/pair/ group work. Time management.</p>	<p>Awareness of socio-economic factors.</p>	

**Key Skills:**

Weighing and measuring.  
Safe handling, cooking and storage of ingredients.  
Knife skills, Meat, fruit and vegetable preparation.  
Recipe adaptation, including vegetarianism, colour, shape, size.

Pastry making and handling.  
Bread making and recipe development  
Sauce making.

<p><b>GRADE</b></p>	<p><b>DESCRIPTOR</b></p>
<p><b>Yr 9 Grade 7</b></p>	<p>Pupils will be able to select equipment and appliances totally independently. Their making skills have developed to a good standard and selected recipes demonstrate some complex skills. They will accurately use the ‘bridge and claw’ method when preparing meat, fruit and vegetables. A very good attempt will be made at sauce and bread making; ingredients are weighed accurately resulting in good product consistency. Pupils apply 4 sections of the Eatwell guide to their recipe adaptation and usually display finishing techniques to a very good standard. Time management, hygiene and safety are very good. In the Festival food project, the pupils will include relevant research and analysis of the life stage, leading to relevant recipe selection.. The ‘Evaluation’ displays a very good knowledge of nutrition with good evidence of sensory testing and relevant suggestions for recipe improvements noted.</p>
<p><b>Yr 9 Grade 4/5</b></p>	<p>Pupils will be able to select equipment and appliances mainly independently. Their making skills have developed to a good standard and selected recipes demonstrate some demand and challenge. Some of the time they will accurately use the ‘bridge and claw’ method when preparing meat, fruit and vegetables. A good attempt will be made at sauce and bread making but inaccuracy in measuring can result in a poor product consistency. Pupils apply 3 sections of the Eatwell guide to their recipe adaptation and usually display finishing techniques to a good standard. Time management, hygiene and safety are good. In the Festival food project, the pupils will include some relevant research and analysis of lifestyle, leading to some relevant recipe selection.. The ‘Evaluation’ displays a good knowledge of nutrition with evidence of sensory testing and suggestions for recipe improvements noted.</p>

**Yr 9 Grade 1**

Pupils will be able to select equipment and appliances with guidance. Their making skills are limited and recipes are undemanding. The 'bridge and claw' method is not used when preparing meat, fruit and vegetables. You have to be helped with the weighing and measuring of ingredients and with the sauce and bread making processes. Pupils apply 1 sections of the Eatwell guide to their recipe adaptation and products usually display a lack of finish and poor presentation. Time management, hygiene and safety lack consideration.

In the Festival food project, the pupils will not include any written or design work that can be credited.