

## Year 11: ASK Yourself!

**Subject: Food Preparation and Nutrition**

**Unit: NEA 1 – Food investigation task**

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
<div style="display: flex; align-items: center; justify-content: center;"> <div style="background-color: #3498db; color: white; padding: 10px; font-size: 2em; margin-right: 10px;">S</div> <div>kills</div> </div>				
<b>Research skills</b>	Limited research into how ingredients work and the reasons why. A basic hypothesis or prediction has been stated.	Relevant research into how ingredients work and the reasons why. A hypothesis or prediction has been stated.	Relevant, detailed and concise research into how ingredients work and the reasons why. A clear and focused hypothesis.	Detailed explanation of research showing a high level of understanding of how the research has been used to inform the practical investigation. A clear and focused hypothesis or prediction.
<b>Demonstrating technical skills</b>	Demonstrates mainly basic skills in the technical stage.	Medium skills demonstrated in the technical and final making stage.	Demonstrates medium - high level skills in the technical and final making stage.	Demonstrates high level complex skills in the technical and final making stage with evidence of development.
<div style="display: flex; align-items: center; justify-content: center;"> <div style="background-color: #3498db; color: white; padding: 10px; font-size: 2em; margin-right: 10px;">K</div> <div>knowledge</div> </div>				
<b>Analysis and evaluation</b>	Basic time plan. Limited timings included. Very little health and safety stages.	Adequate time plan lacking some detail. Includes health and safety references.	The report is communicated in a structured and coherent manner with accurate use of technical language.	Detailed, accurate interpretation and analysis of the results with justified conclusions. The report demonstrates an in-depth and specialist understanding of how ingredients work and why.
<b>Nutrition and costing</b>	Some sensory analysis included.	Sensory analysis and one other style of analysis	Detailed and relevant sensory	Detailed and relevant sensory

	Basic nutrition knowledge and limited costing.	with nutritional links. Costing explained.	testing carried out. Annotated photographs and charts also included. Nutritional analysis with good understanding. Costing explained well.	testing carried out. Detailed annotated photographs and charts also included. Very clear nutritional analysis with a sound knowledge of nutrition. Costings carried out. Clear improvements have been identified.
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