


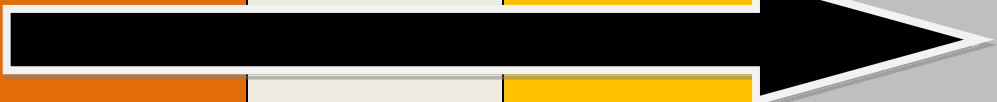


Year 7: ASK Yourself!

Subject: Food Preparation and Nutrition

Unit: Take Five Project

	Launching	Developing	Progressing	Mastering
 S skills				
Communication	I need to work on my grammar and spelling. My written work is sometimes incomplete.	My work is neat and all pages are clear and easy to understand with care shown. I have completed all tasks.	All tasks are complete and my evaluations are clear and of good quality. My grammar and spelling is accurate.	I have a good understanding of sensory language and use this when evaluating food products.
Food Preparation Skills	My products are finished and are edible.	My products are finished but more care is needed with presentation.	My products are good quality and presented well.	My practical work is finished to the highest quality and could easily be sold in a food outlet.
Making	I need guidance and help when peeling and cutting fruit and vegetables.	I can peel and cut fruit and vegetables with some need for assistance.	I can peel and cut vegetables independently.	I can also carry out improvements and make changes to the presentation of the product.
 K knowledge				
Nutrition	I know that fruit and vegetables are important for a healthy diet.	I can also explain how fruit and vegetables fit in to the eatwell guide.	I can also identify what foods contain carbohydrate and how they can be part of a healthy diet.	I understand the function of ingredients and the reason why they are in the recipe.
Evaluation	I evaluate my work based on my personal opinion and without justifying my point.	I evaluate my work in detail, justifying my conclusions with reasons for my opinion.	I look at my work in detail and suggest improvements for the future.	I am also able to look at my work subjectively, taking others views into account.
Health and Safety	I am learning the health and safety rules but sometimes need to be reminded.	I understand why we need to use different chopping boards for different foods.	I know what a food probe is and why it is used.	I am able to use a range of equipment in a way which is safe for myself and others.