

# Year 8: ASK Yourself!

## Subject: Food Preparation and Nutrition

### Unit: Snack Attack

	Launching	Developing	Progressing	Mastering
<b>S</b> skills				
<b>Communication</b>	I evaluated some of the products made and can tell others about them.	I evaluated at least 3 of the products made and suggested possible improvements.	I evaluated the products made. I asked for feedback from other people.	I evaluated all the products made with good use of sensory language.
<b>Making</b>	I found it hard to make my products but managed with help.	I worked well and did my best to follow the recipes. I made all the products.	I am confident and capable when making. I follow instructions and use equipment correctly to make a good product.	My products were well made and finished to a high standard.
<b>Homework</b>	I do not always hand my homework in on time each week. I need to try to organise my time and make sure I fully understand what I have been asked to do.	My homework is completed. It usually responds to the task set but it would benefit from more time spent presenting it.	I work hard on my homework. It is usually neat and complete. I get over 5 when it has been marked out of 10.	I always put my full effort into homework and this can be seen in the quality of my work. I usually get at least 9 out of 10.
<b>K</b> knowledge				
<b>Nutrition</b>	I find it hard to explain the importance of balanced diets.	I know how to use the Eatwell Guide to plan a balanced diet.	I can name the main sections of the Eatwell Guide and the ratio of each section.	I can explain which foods belong in which category of the Eatwell Guide and can plan a menu for a day.
<b>Making</b>	I find it hard to follow the recipes, but I am able to make the products with assistance.	My recipes are written clearly and I am able to follow them independently.	My products show a range of skill and I have tried to present them in an attractive way.	My products show that I can think about the finishing techniques used to make a product to a high standard.
<b>Hygiene and</b>	I have been reminded by my	I made my products by	I understand how to use a colander	I understand and can explain how

**Safety**

teacher more than twice to follow the hygiene and safety rules. I need to think more before I act and use the equipment.

working safely following the safety rules. I wash up and put equipment away at the end of the lesson to ensure the food room is hygienic.

and blender safely

to store and reheat food safely.