


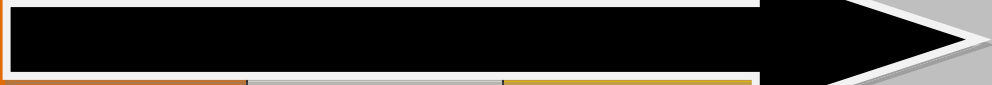


Year 9: ASK Yourself!

Subject: Food Preparation and Nutrition

Unit: Apple Project

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
				
Cooking apples in a variety of dishes	I can make a range of products with assistance.	I can follow a recipe independently.	I can prepare a variety of dishes which are finished to a high standard.	I can modify a recipe and create an original idea.
Knife and peeler skills	I can hold a knife correctly.	I can use a knife to chop and core apples safely.	I can use a peeler to peel an apple safely.	I can prepare an apple quickly and safely.
				
Learn food technology terminology	I know that apples turn brown when peeled.	I know how to prevent apples from turning brown.	I can explain that browning is called enzymic browning.	I can explain 3 different ways of stopping enzymic browning.
Food seasons	I know that apples are in season for this project (Autumn).	I know that other foods are better to eat at different times of the year.	I can explain what air miles means.	I can explain the effect of air miles on the environment.
Variety of apples	I know there are many varieties of apples available.	I can name a variety of cooking apple.	I know why it is better to cook with certain varieties of apple.	I can name 5 dessert apples and describe their properties.