





# Year 9: ASK Yourself!

## Subject: Food Preparation and Nutrition Unit: Sweet Treat Carbohydrate Project

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
 <b>S</b> skills				
<b>Baking a variety of dishes</b>	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.
<b>Cake methods</b>	I can demonstrate the all in one method.	I can demonstrate the creaming method.	I can use an electric whisk to make a Swiss roll.	I can use a piping bag with precision.
<b>Biscuit methods</b>	I can make a basic biscuit dough.	I can carry out an investigation into combining ingredients for different varieties of biscuits.	I can pipe biscuit dough and present to a high standard.	I can shape and mould a biscuit before it hardens to create a technically demanding biscuit.
 <b>K</b> knowledge				
<b>Functions of ingredients</b>	I know what ingredients are needed for cakes.	I know why certain types of ingredients are needed in cake and biscuit recipes.	I can explain the difference between a hard and soft dough in biscuits.	I can explain the functions of the 4 main ingredients in cake making.
<b>Icing</b>	I know the different types of icing available.	I know what the ratios of ingredients are to make glaze icing and butter cream.	I know which type of icing is suitable for different types of cakes.	I can explain which type of icing is suitable for different types of cakes and why.