KS3 Age Related Expectations

Year 7

WORKING TOWARDS Expectations

- Demonstrates basic cooking techniques with guidance and follows simple methods to produce dishes.
- Explains how seasonal changes effect the availability and characteristics of different ingredients.
- Demonstrates basic safe knife skills, measures ingredients with guidance and uses equipment safely.

WORKING AT Expectations

- Applies and performs a range of cooking techniques with increasing control and accuracy, adapting methods where needed.
- Analyses and compares how seasonality influences the quality. cost and uses of a range of ingredients.
- Applies and refines safe knife skills with increasing control, measures and weighs ingredients accurately and uses a range of equipment safely and appropriately.

WORKING BEYOND Expectations

- Selects, combines and evaluates a wide range of cooking techniques to produce and refine dishes independently and effectively.
- Evaluates and applies knowledge of seasonality to select and justify appropriate ingredients, considering their characteristics and intended use.
- Performs and evaluates precise knife skills, measures and weighs ingredients with consistent accuracy and selects and uses equipment safely, efficiently and independently.



Progression

SHENLEY BROOK END SCHOOL

5 DIMENSIONS TRUST

Year 8

WORKING TOWARDS Expectations

- Is competent in a range of cooking techniques.
- Explains and identifies basic principles of nutrition and health and applies them to simple food choices.
- Demonstrates and presents work with some confidence following instructions to present dishes and theory work to an appropriate standard.

WORKING AT Expectations

- Can cook a repertoire of predominantly savoury dishes so they are able to feed themselves and others a healthy and varied diet.
- Applies and compares nutritional principles to plan and adapt meals considering factors such as balance, variety and health needs.
- Demonstrates and presents work with confidence and independence to complete and present work clearly to a good standard.

WORKING BEYOND Expectations

- Confidently plans, prepares and cooks a diverse range of predominantly savoury dishes, using a variety of techniques and ingredients to create nutritionally balanced meals that meet the dietary needs of themselves and others.
- Analyses and evaluates nutritional principles to plan, adapt and justify meals that promote balance, variety meeting a range of health and dietary requirements.
- Works independently with confidence to produce, refine and present practical dishes and theory work to a consistently high standard.