

GCSE Food Preparation and Nutrition 1-9 Descriptors

<u>Grade</u>	<u>Food preparation and cooking</u>	<u>Food Science</u>	<u>Food Safety</u>	<u>Food choice and Provenance</u>	<u>Nutrition and Health</u>
Foundation	Able to use bridge and claw method. Can weigh food accurately Use the hob, grill and oven.	Understand enzymic browning with fruit. How bacteria grows.	Understand the 4 Cs including cross contamination. Use equipment correctly.	Be able to select and use fruit in season.	Knowledge of the Eatwell Guide and how it affects my health.
Working towards (UP1 – UP3)	Able to use bridge and claw method. Can weigh food accurately Use the hob, grill and oven Explain the different cooking methods I have used.	Understand enzymic browning with fruit. How bacteria grows. To understand how to prevent Enzymic browning.	Understand the 4 Cs including cross contamination. Use equipment correctly. Demonstrate safe use of ingredients and equipment.	Be able to select and use fruit in season. Have an understanding of Food miles.	Knowledge of the Eatwell Guide and how it affects my health. Be able to change ingredients to increase the nutritional value of a dish.
1	Able to use bridge and claw method. Can weigh food accurately use the hob, grill and oven. Explain the different cooking methods I have used. Demonstrate that thought has been made with presentation.	Understand enzymic browning with fruit. How bacteria grows. To understand how to prevent Enzymic browning.	Understand the 4 Cs including cross contamination. Use equipment correctly. Demonstrate safe use of ingredients and equipment.. Show correct storage of food.	Be able to select and use fruit in season. Select foods to reflect family needs. Have an understanding of Food miles.	Knowledge of the Eatwell Guide and how it affects my health. Be able to change ingredients to increase the nutritional value of a dish. I know the different sections of the Eatwell Guide.
2	Able to use bridge and claw method. Can weigh food accurately use the hob, grill and oven. Explain the different cooking methods I have used. Demonstrate that thought has been made with presentation. I can select, adapt and use a range of ingredients.	Understand enzymic browning with fruit. How bacteria grows. To understand how to prevent Enzymic browning. Demonstrate the understanding of Enzymic browning.	Understand the 4 Cs including cross contamination. Use equipment correctly. Demonstrate safe use of ingredients and equipment. Show correct storage of food. Demonstrate the 4 C's as part of your practical.	Be able to select and use fruit in season. Select foods to reflect family needs. Understand the origins of foods used. Have an understanding of Food miles.	Knowledge of the Eatwell Guide and how it affects my health. Be able to change ingredients to increase the nutritional value of a dish. I know the different sections of the Eatwell Guide. i can make recommendations on how to improve my diet.
3	Select, adapt and use a range of ingredients. Be able to make own decisions with choice of ingredients. Be able to combine, shape and form ingredients with some guidance. Mostly successful presentation of dishes. Show independence when following a recipe.	Understand how starchy foods cook Understand which ingredients makes food rise. Explain using technical terms the changes when cooking food.	Understand the 4 Cs including cross contamination. Use equipment correctly. Demonstrate safe use of ingredients and equipment. Show correct storage of food. Independently can demonstrate the 4 C's as part of their practical.	Be able to select and use fruit/vegetables in season. Select foods to reflect family needs and healthy choices. Understand the origins of foods used. Have an understanding of Food miles.	Knowledge of the Eatwell Guide and how it affects my health. Be able to change ingredients to increase the nutritional value of a dish. I know the different sections of the Eatwell Guide. Can make recommendations on how to improve my diet. Apply knowledge of diet and health to create some of healthy dishes.
4	Select, adapt and use a range of ingredients. Be able to make own decisions with choice of ingredients. Be able to combine, shape and form ingredients with some guidance. Successful presentation of dishes with examples of garnishes. Show independence when following a recipe. Show leadership in group practical activities.	Understand how starchy foods cook Understand which ingredients makes food rise. Explain using technical terms the changes when cooking food.	Understand the 4 Cs including cross contamination. Use equipment correctly. Demonstrate safe use of ingredients and equipment. Show correct storage of food. Independently can demonstrate the 4 C's in all of their practical work.	Be able to select and use fruit/vegetables in season. Select foods to reflect family needs and healthy choices. Understand the origins of foods used. Have an understanding of Food miles.	Knowledge of the Eatwell Guide and how it affects my health. Be able to change ingredients to increase the nutritional value of a dish. I know the different sections of the Eatwell Guide. Can make recommendations on how to improve my diet. Apply knowledge of diet and health to create a range of healthy dishes.
5	Select, adapt and use a range of ingredients. Be able to make own decisions with choice of ingredients. Be able to combine, shape and form ingredients. Successful presentation of dishes with examples of garnishes. Show a range of skills in your cooking. Show independence when following a recipe. Show leadership in group practical activities.	Understand which ingredients makes food rise. Explain using technical terms the changes when cooking food. Understand the functions of ingredients used in some dishes. Be able to draw conclusions from investigational work.	Understand the 4 Cs including cross contamination. Use equipment correctly. Demonstrate safe use of ingredients and equipment. Show correct storage of food. Independently can demonstrate the 4 C's in all of their practical work. Work correctly with high risk foods.	Be able to select and use fruit/vegetables in season. Select foods to reflect family needs and healthy choices. Understand the origins of foods used. Have an understanding of Food miles and seasonality. Have an awareness of other cultures.	Knowledge of the Eatwell Guide and how it affects my health. Be able to change ingredients to increase the nutritional value of a dish. I know the different sections of the Eatwell Guide. Can make recommendations on how to improve my diet. Apply knowledge of diet and health to create a range of healthy dishes. Understand the properties and sources of different nutrients in foods.

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6	<p>Select, adapt and use a range of ingredients. Be able to make own decisions with choice of ingredients. Be able to combine, shape and form ingredients. Successful presentation of dishes with examples of garnishes. Show a range of skills in your cooking. Show independence when following a recipe.</p>	<p>Understand which ingredients makes food rise. Explain using technical terms the changes when cooking food. Understand the functions of ingredients used in some dishes. Be able to draw conclusions from investigational work.</p>	<p>Understand the 4 Cs including cross contamination. Use equipment correctly. Demonstrate safe use of ingredients and equipment. Show correct storage of food. Independently can demonstrate the 4 C's in all of their practical work. Work correctly with high risk foods.</p>	<p>Be able to select and use fruit/vegetables in season. Select foods to reflect family needs and healthy choices. Understand the origins of foods used. Have an understanding of Food miles and seasonality. Have an awareness of other cultures and their differences.</p>	<p>Knowledge of the Eatwell Guide and how it affects my health. Be able to change ingredients to increase the nutritional value of a dish. I know the different sections of the Eatwell Guide. Can make recommendation and plan how to improve diet. Apply knowledge of diet and health to create a range of healthy dishes. Understand the properties and sources of different nutrients in foods.</p>
7	<p>Select, adapt and use a range of ingredients. Be able to make own decisions with choice of ingredients. Be able to combine, shape and form ingredients. Successful presentation of dishes with examples of garnishes. Show a range of skills in your cooking. Show independence when following a recipe. Demonstrate different techniques and cooking methods. Select and Use a variety of electrical appliances. Be able to plan and prepare dishes using a time plan.</p>	<p>Understand the functional and chemical properties of food. Be able to write a hypothesis, investigate, test and conclude a report. Explain using technical terms the changes when cooking food. Understand the functions of ingredients used in some dishes. Be able to draw conclusions from investigational work. Be able to apply knowledge from investigations in future practical work.</p>	<p>Demonstrate safe use of ingredients and equipment. Show correct storage of food. Independently can demonstrate the 4 C's in all of their practical work. Work correctly with high risk foods. Understand and demonstrate the core temperatures using a temperature probe.</p>	<p>Be able to select and use fruit/vegetables in season. Select foods to reflect family needs and healthy choices. Understand the origins of foods used. Have an understanding of Food miles and seasonality. Have an awareness of other cultures and their differences. Understand environmental issues and technological associated with food. Have an awareness of the impact of food and food security on local and global markets.</p>	<p>Be able to change ingredients to increase the nutritional value of a dish. Understand Macro nutrients and Macro nutrients. Make informed choices for a varied and balanced diet. Apply knowledge of diet and health to create a range of healthy dishes. Understand the relationship between portion sizes and good health. Understand the properties and sources of different nutrients in foods. Be able to use current nutritional information and data to analyse dishes and modify to improve health and reflect current guidelines. Understand the major diet related health risk.</p>
8	<p>Select, adapt and use a range of ingredients. Be able to make own decisions with choice of ingredients. Be able to combine, shape and form ingredients. Successful presentation of dishes with examples of garnishes. Show a range of skills in your cooking. Show independence when following a recipe. Demonstrate different techniques and cooking methods. Select and Use a variety of electrical appliances. Be able to plan and prepare dishes using a time plan.</p>	<p>Understand the functional and chemical properties of food. Be able to write a hypothesis, investigate, test and conclude a report. Explain using technical terms the changes when cooking food. Understand the functions of ingredients used in some dishes. Be able to draw conclusions from investigational work. Be able to apply knowledge from investigations in future practical work. Be able to lead others in practical investigations.</p>	<p>Demonstrate safe use of ingredients and equipment. Show correct storage of food. Independently can demonstrate the 4 C's in all of their practical work. Work correctly with high risk foods. Understand and demonstrate the core temperatures using a temperature probe.</p>	<p>Be able to select and use fruit/vegetables in season. Select foods to reflect family needs and healthy choices. Understand the origins of foods used. Have an understanding of Food miles and seasonality. Have an awareness of other cultures and their differences. Understand environmental issues and technological associated with food. Have an awareness of the impact of food and food security on local and global markets.</p>	<p>Be able to change ingredients to increase the nutritional value of a dish. Understand Macro nutrients and Macro nutrients. Make informed choices for a varied and balanced diet. Apply knowledge of diet and health to create a range of healthy dishes. Understand the relationship between portion sizes and good health. Understand the properties and sources of different nutrients in foods. Be able to use current nutritional information and data to analyse dishes and modify to improve health and reflect current guidelines Understand the major diet related health risks and how to recommend improvements to the diet.</p>
9	<p>Select, adapt and use a range of ingredients. Be able to make own decisions with choice of ingredients. Be able to combine, shape and form ingredients. Successful presentation of dishes with examples of garnishes. Show a range of skills in your cooking. Show independence when following a recipe. Demonstrate different techniques and cooking methods. Select and Use a variety of electrical appliances. Be able to plan and prepare dishes using a time plan. Competently shows a wide range of complex technical skills and processes to an excellent standard in the making of the 3 final dishes. Excellent evidence of time management. All 3 dishes produced very successfully and the time plan is closely followed in the correct sequence with excellent linking of application of food safety.</p>	<p>Understand the functional and chemical properties of food. Be able to write a hypothesis, investigate, test and conclude a report. Explain using technical terms the changes when cooking food. Understand the functions of ingredients used in some dishes. Be able to draw conclusions from investigational work. Be able to apply knowledge from investigations in future practical work. Be able to lead others in practical investigations</p>	<p>Demonstrate safe use of ingredients and equipment. Show correct storage of food. Independently can demonstrate the 4 C's in all of their practical work. Work correctly with high risk foods. Understand and demonstrate the core temperatures using a temperature probe.</p>	<p>Be able to select and use fruit/vegetables in season. Select foods to reflect family needs and healthy choices. Understand the origins of foods used. Have an understanding of Food miles and seasonality. Have an awareness of other cultures and their differences. Understand environmental issues and technological associated with food. Have an awareness of the impact of food and food security on local and global markets.</p>	<p>Be able to change ingredients to increase the nutritional value of a dish. Understand Macro nutrients and Macro nutrients. Make informed choices for a varied and balanced diet. Apply knowledge of diet and health to create a range of healthy dishes. Understand the relationship between portion sizes and good health. Understand the properties and sources of different nutrients in foods. Be able to use current nutritional information and data to analyse dishes and modify to improve health and reflect current guidelines Understand the major diet related health risks and how to recommend improvements to the diet.</p>

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