

<i>Knowledge</i>	<i>Developing</i>	<i>Secure</i>	<i>Extending</i>
Food safety and storage	<p>Explain the meaning of microorganisms.</p> <p>Identify a difference in bacterial growth at 3 different temperatures.</p> <p>Identify that there is a need to store high risk foods correctly.</p>	<p>Explain the importance of handling and storing food safely, linking to food poisoning and the symptoms.</p> <p>Explain bacterial growth at each key temperature.</p>	<p>State 2 common food poisoning bacteria found in certain high risk foods. Describe symptoms associated with the food poisoning bacteria.</p> <p>Able to list methods other than temperature control for preserving high risk foods.</p>
Healthy eating	<p>Able to explain the function of 3 nutrients or substance. Explain the effect of the deficiency of fibre in the diet or explain the effect of excess of fat and sugar in the diet.</p> <p>State 2 micronutrients, one or two food sources and be able to explain their functions in the body. Describe an effect of deficiency.</p>	<p>Able to explain the function of 4 nutrients or substance. Explain why 4 food groups should be eaten in a particular proportion.</p> <p>State 3 micronutrients, one or two food sources and be able to explain their functions in the body. Describe the effect of deficiency.</p>	<p>Able to explain the function of 5 nutrients or substance in The Eatwell Guide. Explain why each food group should be eaten in a particular proportion.</p> <p>State 4 micronutrients, two food sources for each nutrient and be able to explain their functions in the body.</p>
Functions of ingredients	<p>Explain with some detail the functions of key ingredients (sensory, nutrition and food science) in a given recipe.</p>	<p>To be able to analyse part of a given recipe independently and show knowledge of the functions of key ingredients.</p>	<p>To be able to analyse the majority of a given recipe independently and show knowledge of the functions of key ingredients.</p>

	Learning without Limits (LWL) – PRACTICAL SKILLS		
Practical Skills	Developing	Secure	Extending
Organisation and cleaning procedure	Minimal help needed with organisation and cleaning.	Organised and satisfactory cleaning.	Very well organised and competent cleaning.
Preparation and cooking of food	Some guidance needed with preparation or cooking.	A little guidance needed for preparation or cooking. Can weigh confidently and accurately. Knife skills – use safely and accurately. Show some skill and flair.	Need minimal guidance for preparation or cooking. Show skill and flair.
Finishing techniques	Finishing technique considered with some skill and accuracy.	Good finishing techniques with skill and accuracy.	Very good finishing techniques with skill and flair. Good accuracy has been applied.