

Year 7

Not yet, expected,
beyond.

	Learning without Limits (LWL) - KNOWLEDGE		
<i>Knowledge</i>	<i>Developing</i>	<i>Secure</i>	<i>Extending</i>
Hygiene and safety	State and explain hygiene and safety risks.	Describe how to prevent the risk occurring.	Technical language used and be able to explain in detail how to prevent the risk.
Food safety and storage	Basic understanding of germs/microorganisms. Identify the need to store food safely and state 2 temperatures affecting bacteria.	Explain the meaning of microorganisms. Identify a difference in bacterial growth at 3 different temperatures. Identify that there is a need to store high risk foods correctly.	Explain the importance of storing food safely, linking to food poisoning and the symptoms. Explain bacterial growth at each key temperature.
Healthy eating	Identify the nutrients in fruits and vegetables and dairy foods. Be able to explain the function of 2 nutrients accurately.	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.	Able to explain the function of 4 nutrients or substance. Explain why 4 food groups should be eaten in a particular proportion.
Social, moral and environmental issues	Explain the meaning of seasonality and provide 2 examples of vegetables in season.	Explain the meaning of seasonality. State the importance of buying seasonal and local produce.	Explain the importance of buying seasonal and local produce. Identify the advantages and disadvantages of this.
Functions of ingredients	Explain the functions of 2 key ingredients (sensory and nutrition).	Explain with detail the functions of key ingredients (sensory, nutrition and start linking to food science).	To be able to analyse part of a recipe independently and show knowledge of the functions of key ingredients.

	Learning without Limits (LWL) – PRACTICAL SKILLS		
Skills	Developing	Secure	Extending
Organisation and cleaning procedure	Help needed with organisation and cleaning.	Minimal help needed with organisation and cleaning.	Organised and satisfactory cleaning.
Preparation and cooking of food	Guidance needed with preparation or cooking.	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.
Finishing techniques	Finishing techniques – basic techniques used, limited accuracy.	Finishing technique considered with some skill and accuracy.	Good finishing techniques with skill and accuracy.

