

	Curriculum strand 1- Knowledge	Curriculum strand 2 – Practical competencies
<p><b>Mastering</b></p> <p>(Indicative of student who will go on to achieve a grade 7-9 at GCSE, if they continue to progress as they are).</p>	<p>I have a thorough understanding of healthy eating. I can confidently describe the function of all the micronutrients and macronutrients needed by the body and which foods provide these. I can explain the nutritional needs of all target groups and life stages, with justification. I can explain the implications of excess or deficient intake of a range of nutrients in the diet.</p>	<p>I can independently produce a high-quality practical outcome following excellent hygiene and safety practices. I continually challenge myself to present this creatively on the plate, to restaurant standard.</p>
<p><b>Advancing</b></p> <p>(Indicative of student who will go on to achieve a grade 5-6 at GCSE, if they continue to progress as they are).</p>	<p>I have a solid understanding of healthy eating. I can confidently describe the function of all the micronutrients and macronutrients needed by the body and which foods provide these. I can explain the nutritional needs of all target groups and life stages, with justification.</p>	<p>I can produce a quality practical outcome with occasional support, following good hygiene and safety practices. I have started thinking about and challenging myself to present this onto a plate to a high standard.</p>
<p><b>Securing</b></p> <p>(Indicative of student who will go on to achieve a grade 3-4 at GCSE, if they continue to progress as they are).</p>	<p>I have a good understanding of healthy eating. I can describe the function of most of the micronutrients and macronutrients needed by the body and which foods provide these. I can explain the nutritional needs of some target groups and life stages.</p>	<p>I can produce a practical outcome with some support. I need the occasional reminder to follow good hygiene and safety practices.</p>
<p><b>Foundation</b></p> <p>(Indicative of student who will go on to achieve a grade 1-2 at GCSE, if they continue to progress as they are).</p>	<p>I have a basic understanding of healthy eating. I can describe the functions of a limited range of micronutrients and macronutrients needed by the body. I can name some target groups and life stages.</p>	<p>I can produce a practical outcome with heavy support. I need regular reminders to follow good hygiene and safety practices.</p>