

Year 7: Assessment statements**Subject: Food Technology**

	Curriculum strand 1- Knowledge	Curriculum strand 2 – Practical competencies
<p>Mastering</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, the eat well guide and the 8 healthy eating top tips. I can explain how most of the food nutrients help the body and identify which foods provide these nutrients. I can give a detailed explanation of the difference between conduction, convection, and radiation, confidently identify which cooking methods use each of these heat transfer methods and explain a range of reasons why we cook foods.</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>Advancing</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 good understanding of healthy eating, the eat well guide and the 8 healthy eating top tips. I can name some of the food nutrients and explain how these nutrients help the body. I can give a basic explanation of the difference between conduction, convection, and radiation, identify some cooking methods which use each of these heat transfer methods and give reasons why we cook foods.</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>Securing</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 basic understanding of healthy eating, the eat well guide and the 8 healthy eating top tips. I can name some of the food nutrients but am not confident with how these help the body. I can name the three heat transfer methods, some cooking methods which use each of these heat transfer methods, and reasons why we cook foods.</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>Foundation</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 identify that foods are healthy and unhealthy. I can name some of the healthy eating top tips. I can name some cooking methods and reasons why we cook foods</p>	<p>I can produce a practical outcome with heavy support. I need regular reminders to follow good hygiene and safety practices.</p>