

# YEAR 8 FOOD

# STUDENT PRACTICAL SKILLS ASSESSMENT

Working Towards	Expected (with support)	Above Expected	Outstanding
<p>You need additional support and guidance when doing the EXPECTED</p>	<ol style="list-style-type: none"> <li>1. Store your HIGH RISK ingredients in the school fridges from the start of the school day until you go home.</li> <li>2. Set up unit ready for a practical</li> <li>3. Clear units and wash up effectively</li> <li>4. Make sure hands are washed and hair tied back</li> <li>5. Cut food safely using sharp knives and the Bridge and Claw Holds</li> <li>6. Use a range of preparation techniques, e.g. peeling, slicing, grating etc..</li> <li>7. Weigh food and measure liquids accurately</li> <li>8. Use the grill knowing that the door needs to be kept open and that food needs to be cooked on both sides</li> <li>9. Use saucepans safely on the hob making sure the pan handles are over the unit when not being held.</li> <li>10. Use the oven safely with the use of oven gloves</li> <li>11. Follow written and verbal instructions</li> <li>12. Complete practicals by the end of the lesson</li> <li>13. Can judge when food is cooked</li> <li>14. Can open a food can using the ring pull on the lid</li> <li>15. Can open a food can (without a ring pull) with a can opener</li> <li>16. Use the right colour chopping board for the right food <small>(see poster on cupboard doors)</small></li> <li>17. Roasting potatoes using a little oil</li> <li>18. Work safely with jam and not burn your skin</li> <li>19. Cut vegetables into accurate shapes and sizes according to the recipe</li> <li>20. Make a bechamel sauce which is not lumpy or burnt to the pan</li> <li>21. Cook dried pasta until it is 'al dente' (slightly chewy)</li> <li>22. Fry meat until it is brown (searing) to keep in juices and flavour</li> <li>23. Simmer and boil a liquid (and know the difference)</li> <li>24. Make shortcrust pastry effectively (and cool)</li> <li>25. Cook chicken effectively ( white throughout - no pink!)</li> </ol>	<p>Achieves ALL the EXPECTED criteria consistently and independently</p>	<p>Independently develops methods, processes and techniques to enable themselves to reach a high standard of final dish or food product</p>