

FOUNDATION

- Can carry out a recipe with little or no changes with ingredients.
- Can give a little knowledge of the ingredients that are being used including whether they are healthy or not.
- Can give a little explanation for choice of ingredients and how it links to the task
- Can name and use kitchen equipment with some support
- Understands with support how to safely use the bridge and claw knife holds.
- Has some understanding that foods fall into different sections within the Eatwell Guide.
- Can describe some basic sensory qualities of food
- Understands and follows health and safety rules within the kitchen (with some support if needed)
- Understands how to use the cooker but may need help to be safe.
- Can follow the washing up instructions with support if needed.

INTERMEDIATE

- Can carry out a recipe with some modifications/creativity with ingredients.
- Some knowledge of ingredients that could be used and their nutritional value.
- Some limited explanation given for choice of ingredients and how they link to the task set.
- Can name and use kitchen equipment with some accuracy and without prompting following practice to safely produce a food product of reasonable quality.
- Understands how to safely use the bridge and claw knife holds and when they are appropriate.
- Understands that foods fall into different sections within the Eatwell Guide and can give reasons why.
- Can describe the sensory qualities of food..
- Understands and consistently follows the health and safety rules within the kitchen.
- Understands how to use the cooker safely and independently (maybe with some support).
- Is able to follow the washing up instructions clearly without support

HIGHER

- Can carry out a recipe with creative and different ingredient modifications.
- Good knowledge of ingredients that could be used and their nutritional value.
- Good explanation given for choice of ingredients and how they link to the task set.
- Can name and use kitchen equipment with a good level of accuracy following practice to safely produce a finished food product of good quality.
- Understands how to and why we use the bridge and claw knife holds. A good level of accuracy and pace are shown.
- Fully understands that foods fall into different sections within the eatwell guide and can explain the health benefits of cutting down on certain foods.
- Can describe the sensory qualities of food well and are able to suggest how to change/give alternative ingredients to improve the food product.
- Fully appreciates the health and safety rules within the kitchen environment and is able to explain confidently why they are required.
- Fully understands how to use the cooker safely and independently
- Is able to follow the washing up instructions independently and clear up their work area quickly without instruction.