

FOUNDATION

- 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 high 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.

INTERMEDIATE

- Can carry out a recipe with very good/creative ingredient modifications.
- Excellent knowledge of ingredients that could be used and their nutritional value.
- Clear explanation given for choice of ingredients and detailed explanation given how they link to the task set.
- Can name and use kitchen equipment with precision to safely produce a finished food product of excellent quality.
- Understands how to and why we use the bridge and claw knife holds. A high level of accuracy and pace are shown.
- Understands each section of the eatwell guide, why foods fall into each group and can apply their knowledge to suggest recipes which would be suitable for a particular group of people.
- Is able to use a range of sensory language to describe food and can confidently suggest how food products can be altered/adapted to change the nutritional value of the product.
- Understands and consistently follows the health and safety rules within the kitchen environment and is able to confidently explain the hazards and risks presented.
- Can use all kitchen equipment correctly and confidently and can clear their work area quickly and hygienically, working independently at all times

HIGHER

Fully achieves all areas of the INTERMEDIATE description in a consistent, independent, organised and timely way .

EXCEPTIONAL

- Carries out technical skills and processes to a good standard (such as cutting vegetables accurately eg baton) in the making of dishes.
- Selects and uses appropriate equipment with accuracy.
- Dishes are adapted to show some demand and challenge.
- Dishes show some appropriate finishing techniques such as garnishing and decoration and are presented to a good standard.
- Good evidence of time management and organisation.