

YEAR 9 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"> 1. Store your HIGH RISK ingredients in the school fridges from the start of the school day until you go home. 2. Set up unit ready for a practical 3. Clear units and wash up effectively 4. Make sure hands are washed and hair tied back 5. Cut food safely using sharp knives and the Bridge and Claw Holds 6. Can independently use and identify a range of different preparation and cooking methods. 7. Weigh food and measure liquids accurately 8. Use the grill knowing that the door needs to be kept open and that food needs to be cooked on both sides 9. Use saucepans safely on the hob making sure the pan handles are over the unit when not being held. 10. Use the oven safely with the use of oven gloves 11. Follow written and verbal instructions 12. Show independence when following a recipe. 13. Be able to combine, shape and form ingredients with some guidance. 14. Demonstrate that some thought has been made with presentation 15. Complete practicals by the end of the lesson 16. Can judge when food is cooked 17. Can open a food can using the ring pull on the lid 18. Can open a food can (without a ring pull) with a can opener 19. Use the right colour chopping board for the right food (see poster on cupboard doors 20. Roasting potatoes using a little oil 21. Make shortcrust and flaky pastry effectively (keeping it cool) 22. Work safely with jam and not burn your skin 23. Use a potato ricer 24. Fry meat until it is brown (searing) to keep in juices and flavour 25. Simmer and boil a liquid (and know the difference) 26. Use a hand mixer to make a fatless sponge 27. Roll a sponge (swiss roll) with minimum cracks! 	<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>