

Design and Technology (Food) KS3 Assessment

Year 7

	Developing	Core	Advanced
knowledge	<p>To know:</p> <ul style="list-style-type: none"> • To wash hands before cooking • To wash hands after handling raw meat • How to prepare for the lesson, with reminders • Some foods can cause food poisoning. • Where to store different foods • There are government guidelines for healthy eating • That we need to eat fruits and vegetables in order to have a healthy diet • The bridge and the claw techniques • Give examples of foods cooked for on different parts of the cooker • Where to store ingredients • How to clean, with aid 	<p>To Know:</p> <ul style="list-style-type: none"> • The correct way of washing hands • Good food safety and hygiene practices – including the routine for practical lessons • Name the common symptoms and sources of food poisoning bacteria • High risk foods and low risk foods – what they are and the name at least one for each • The 4C's (Cross-contamination, Cleaning, Cooking, Chilling) • What the Eatwell Guide is and to name some sections • What the 8 tips for Healthy Eating are and to name some • 5 a day – what it means • The importance of correct knife techniques • How to use a cooker and know the names of the different parts of the cooker • Food science – caramelisation, oxidisation • Names of equipment and their uses • Names of the cleaning equipment • How to store ingredients correctly 	<p>To know:</p> <ul style="list-style-type: none"> • How to wash hands correctly and why we have to wash them correctly • Why we need to carry out good food safety and hygiene practices and expertly know the routines of the classroom and execute them justly • Know the names of some of the food poisoning bacteria, their symptoms and their sources • High risk and low risk foods – what they are, why they are high and low risk and to name some for each category • Know the 4C's, why they are important and detail why they are carried out the way they are • What the eatwell guide is and why it is used • What the 8 tips for healthy eating are, to name them and to know why they are important • What 5 a day is and why it is important to health • Explain how to use each part of a cooker and why we use that part of the cooker • Food Science – Caramelisation, dextrinisation, oxidisation • Why we store ingredients the way we do

Understanding	<p>To understand:</p> <ul style="list-style-type: none"> • Too much sugar can be bad for your health • Too much fat can be bad for your health • What foods contain fats • Key food safety points • How to stay clean in the lesson • How to weight ingredients • How to create a food product plan 	<p>To Understand</p> <ul style="list-style-type: none"> • The health issues surrounding sugar • The health issues surrounding fat • The different types of fat, their sources and their functions • The importance of correct foods safety and health and safety practices • The importance of staying clean whilst cooking • The importance of using correct weights of ingredients • How to plan a healthy salad product 	<p>To Understand</p> <ul style="list-style-type: none"> • The health issues surrounding excess sugar and the solutions for these issues • The health issues surrounding excess saturated fat intake and the surrounding issues • Why food safety and health and safety practices are prioritised in food/industry • How to plan a healthy salad product incorporating the needs and requirements from the government guidelines
Skills	<p>To know how to:</p> <ul style="list-style-type: none"> • Hold a knife • Cook foods using the oven, hob and grill with guidance and aid • Carry out the rubbing in method, with direct aid • Carry out some food safety and hygiene practices • Wash up but not completely correctly • Cook a dish, with aid 	<p>To know how to:</p> <ul style="list-style-type: none"> • Use the claw and bridge • Use the oven with aid • Use the hob with aid • Use the grill with aid • Carry out the rubbing in method with aid • Carry out good food safety and health and safety practices • Wash up correctly • Follow a recipe or demonstration 	<p>To know how to:</p> <ul style="list-style-type: none"> • To cook independently and use initiative to solve problems • To adapt recipes to improve the flavour profile and/or presentation • Carry out the rubbing in method correctly • Wash up correctly and efficiently • Follow a recipe independently • Use the oven independently • Use the hob independently • Use the grill independently • Carry out excellent food safety and health and safety practices

Design and Technology (Food) KS3 Assessment

Year 8

Developing

Core

Advanced

knowledge	<p>To Know:</p> <ul style="list-style-type: none"> • <i>The correct way of washing hands</i> • <i>Good food safety and hygiene practices – including the routine for practical lessons</i> • <i>Name the common symptoms and sources of food poisoning bacteria</i> • <i>High risk foods and low risk foods – what they are and the name at least one for each</i> • <i>The 4C's (Cross-contamination, Cleaning, Cooking, Chilling)</i> • <i>What the Eatwell Guide is and to name some sections</i> • <i>What the 8 tips for Healthy Eating are and to name some</i> • <i>5 a day – what it means</i> • <i>The importance of correct knife techniques</i> • <i>How to use a cooker and know the names of the different parts of the cooker</i> • <i>Food science – caramelisation, oxidisation</i> • <i>Names of equipment and their uses</i> • <i>Names of the cleaning equipment</i> • <i>How to store ingredients correctly</i> 	<p>To know:</p> <ul style="list-style-type: none"> • <i>How to wash hands correctly and why we have to wash them correctly</i> • <i>Why we need to carry out good food safety and hygiene practices and expertly know the routines of the classroom and execute them justly</i> • <i>Know the names of some of the food poisoning bacteria, their symptoms and their sources</i> • <i>High risk and low risk foods – what they are, why they are high and low risk and to name some for each category</i> • <i>Know the 4C's, why they are important and detail why they are carried out the way they are</i> • <i>What the eatwell guide is and why it is used</i> • <i>What the 8 tips for healthy eating are, to name them and to know why they are important</i> • <i>What 5 a day is and why it is important to health</i> • <i>Explain how to use each part of a cooker and why we use that part of the cooker</i> • <i>Food Science – Caramelisation, dextrinisation, oxidisation</i> • <i>Flour and the uses for flour in products</i> • <i>Where flour comes from</i> • <i>What gluten is and name some of the products that it is found in</i> • <i>Some of the functions of the ingredients in cake (flour, sugar, egg, fat)</i> • <i>Eggs – provenance and welfare</i> 	<p>To know:</p> <ul style="list-style-type: none"> • <i>The names of the different types of flour, what the differences are and examples of different products which can be made from each of the flours</i> • <i>The different cereals where flour comes from</i> • <i>What gluten is, how it is formed in products, the products that it is found in and the functions of gluten</i> • <i>The key functions of the four main ingredients found in cakes</i> • <i>Eggs – lion stamp, names of the parts of the egg, the welfare of eggs and sustainability surrounding eggs.</i> • <i>Food science – emulsification</i> • <i>The names of the 5 cake making methods, what they are, examples for each and any key tips which need to be followed to carry them out correctly.</i> • <i>Raising agents – chemical, biological and mechanical, examples for each, what they do in products and any conditions needed for them to be used correctly in products</i>
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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Understanding</p>	<p>To Understand</p> <ul style="list-style-type: none"> • <i>The health issues surrounding sugar</i> • <i>The health issues surrounding fat</i> • <i>The different types of fat, their sources and their functions</i> • <i>The importance of correct foods safety and health and safety practices</i> • <i>The importance of staying clean whilst cooking</i> • <i>The importance of using correct weights of ingredients</i> <p><i>How to plan a healthy salad product</i></p>	<p>To Understand</p> <ul style="list-style-type: none"> • <i>The health issues surrounding excess sugar and the solutions for these issues</i> • <i>The health issues surrounding excess saturated fat intake and the surrounding issues</i> • <i>Why food safety and health and safety practices are prioritised in food/industry</i> • <i>How to plan a healthy salad product incorporating the needs and requirements from the government guidelines</i> • The difference between an intolerance and an allergy • The importance of using correct weights when making cakes • How to shorten gluten strands to create desired textures in food products • The different types of available pastry • The importance of flour as a staple food 	<p>To Understand</p> <ul style="list-style-type: none"> • The difference between an allergy and intolerance and understand the issue of contamination. • The reason why correct weights are used in regard to the making of cakes • How gluten strands are shortened and why they need to be shortened for certain products • Why we have different pastries and how they are made • The importance of wheat as a staple cereal and why flour is an important staple food.

Skills	<p>To know how to:</p> <ul style="list-style-type: none"> • <i>Use the claw and bridge</i> • <i>Use the oven with aid</i> • <i>Use the hob with aid</i> • <i>Use the grill with aid</i> • <i>Carry out the rubbing in method with aid</i> • <i>Carry out good food safety and health and safety practices</i> • <i>Wash up correctly</i> <p><i>Follow a recipe or demonstration</i></p>	<p>To know how to:</p> <ul style="list-style-type: none"> • <i>To cook independently and use initiative to solve problems</i> • <i>To adapt recipes to improve the flavour profile and/or presentation</i> • <i>Carry out the rubbing in method correctly</i> • <i>Wash up correctly and efficiently</i> • <i>Follow a recipe independently</i> • <i>Use the oven independently</i> • <i>Use the hob independently</i> • <i>Use the grill independently</i> • <i>Carry out excellent food safety and health and safety practices</i> • <i>Make shortcrust pastry correctly, with aid</i> • <i>Make bread and other bread based products correctly, with aid</i> • <i>Make a basic sponge correctly, with aid</i> • <i>Make pasta correctly, with aid</i> • <i>Make egg-based products, such as omelette correctly, with aid</i> 	<p>To know how to:</p> <ul style="list-style-type: none"> • <i>Make shortcrust pastry correctly and independently</i> • <i>Make bread and other bread-based products correctly and independently</i> • <i>Make a basic sponge correctly and independently</i> • <i>Make pasta correctly and independently</i> • <i>Make egg based products, such as omelette, correctly and independently</i> • <i>Adapt a dish based on provided criteria</i>
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Design and Technology (Food) KS3 Assessment

Year 9

Developing

Core

Advanced

To know:

- *How to wash hands correctly and why we have to wash them correctly*
- *Why we need to carry out good food safety and hygiene practices and expertly know the routines of the classroom and execute them justly*
- *Know the names of some of the food poisoning bacteria, their symptoms and their sources*
- *High risk and low risk foods – what they are, why they are high and low risk and to name some for each category*
- *Know the 4C's, why they are important and detail why they are carried out the way they are*
- *What the eatwell guide is and why it is used*
- *What the 8 tips for healthy eating are, to name them and to know why they are important*
- *What 5 a day is and why it is important to health*
- *Explain how to use each part of a cooker and why we use that part of the cooker*
- *Food Science – Caramelisation, dextrinisation, oxidisation, areation*
- *Flour and the uses for flour in products*
- *Where flour comes from*
- *What gluten is and name some of the products that it is found in*
- *Some of the functions of the ingredients in cake (flour, sugar, egg, fat)*
- *Eggs – provenance and welfare*

To know:

- *The names of the different types of flour, what the differences are and examples of different products which can be made from each of the flours*
- *The different cereals where flour comes from*
- *What gluten is, how it is formed in products, the products that it is found in and the functions of gluten*
- *The key functions of the four main ingredients found in cakes*
- *Eggs – lion stamp, names of the parts of the egg, the welfare of eggs and sustainability surrounding eggs.*
- *Food science – emulsification*
- *The names of the 5 cake making methods, what they are, examples for each and any key tips which need to be followed to carry them out correctly.*
- *Raising agents – chemical, biological and mechanical, examples for each, what they do in products and any conditions needed for them to be used correctly in products*
- *What the different nutrients are and to name some functions and some sources of each one*
- *The term ethical and how this relates to food*
- *The term sustainable and how this relates to food*
- *The term food provenance and how this relates to food*

- *What the Macronutrients and Micronutrients are, their functions, their sources and how some of them are needed together in order to function in the body*
- *Why ethical issues exist within food and why some people may choose different diets (vegan, vegetarian etc.)*
- *Why sustainability is a key issue in food and to explain why we need alternative foods in the modern world*
- *Why provenance is a key issue in food and why we have the laws in place to ensure we know where food comes from*
- *What the key welfare symbols are, why they are important and what they mean in regards to the food they are on*

	<ul style="list-style-type: none"> • <i>The names of the 5 methods of cake making and one example for each method</i> • <i>Raising agents – why they are used and examples with a focus on yeast</i> • <i>Food Science – Coagulation, denaturation, dextrinisation,</i> 	<ul style="list-style-type: none"> • <i>The different categories of sauces, how some of them are made and the reason behind the use of sauces in food products</i> • <i>Some of the influences from other religions and cultures on modern western cuisine</i> • <i>Food Science – gelatinisation, reduction, plasticity</i> 	
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Understanding</p>	<p>To Understand</p> <ul style="list-style-type: none"> • <i>The health issues surrounding excess sugar and the solutions for these issues</i> • <i>The health issues surrounding excess saturated fat intake and the surrounding issues</i> • <i>Why food safety and health and safety practices are prioritised in food/industry</i> • <i>How to plan a healthy salad product incorporating the needs and requirements from the government guidelines</i> • <i>The difference between an intolerance and an allergy</i> • <i>The importance of using correct weights when making cakes</i> • <i>How to shorten gluten strands to create desired textures in food products</i> • <i>The different types of available pastry</i> <i>The importance of flour as a staple food</i> 	<p>To Understand</p> <ul style="list-style-type: none"> • <i>The difference between an allergy and intolerance and understand the issue of contamination.</i> • <i>The reason why correct weights are used in regard to the making of cakes</i> • <i>How gluten strands are shortened and why they need to be shortened for certain products</i> • <i>Why we have different pastries and how they are made</i> • <i>The importance of wheat as a staple cereal and why flour is an important staple food.</i> • <i>Why food is cooked</i> • <i>Some of the reasons behind different groups (culture, religion etc.) have a different diet to others</i> • <i>Some of the factors which can affect a person's food choice</i> • <i>The effect of climate change on the food industry</i> • <i>How to adapt meals to meet a given specification, with aid</i> 	<ul style="list-style-type: none"> • <i>Why food is cooked and the correct ways of cooking different food products, without aid</i> • <i>The reasons why different groups (culture, religion etc.) have a different diet to others</i> • <i>The factors which can affect a person's food choice and ways which these obstacles can be overcome to achieve a healthy diet</i> • <i>The effect of climate change on the food industry and what companies and individuals can do in regard to packaging, food consumption and food choice to aid the reduction of climate change</i> • <i>How to adapt meals to meet a given specification and justify choices</i>

Skills	<p>To know how to:</p> <ul style="list-style-type: none"> • <i>To cook independently and use initiative to solve problems</i> • <i>To adapt recipes to improve the flavour profile and/or presentation</i> • <i>Carry out the rubbing in method correctly</i> • <i>Wash up correctly and efficiently</i> • <i>Follow a recipe independently</i> • <i>Use the oven independently</i> • <i>Use the hob independently</i> • <i>Use the grill independently</i> • <i>Carry out excellent food safety and health and safety practices</i> • <i>Make shortcrust pastry correctly, with aid</i> • <i>Make bread and other bread-based products correctly, with aid</i> • <i>Make a basic sponge correctly, with aid</i> • <i>Make pasta correctly, with aid</i> • <i>Make egg-based products, such as omelette correctly, with aid</i> 	<p>To know how to:</p> <ul style="list-style-type: none"> • <i>Make shortcrust pastry correctly and independently</i> • <i>Make bread and other bread-based products correctly and independently</i> • <i>Make a basic sponge correctly and independently</i> • <i>Make pasta correctly and independently</i> • <i>Make egg based products, such as omelette, correctly and independently</i> • <i>Adapt a dish to suit their own tastes and needs</i> • <i>Adapt dishes to suit the needs of others or a specification, with aid</i> • <i>Make different sauces, with aid</i> • <i>Make suitable savoury family dishes, with aid</i> • <i>Dovetail recipes to make different components at once, with aid</i> 	<ul style="list-style-type: none"> • <i>Adapt dishes to suit the needs of others or a specification independently and with justification</i> • <i>How to make different sauces, independently</i> • <i>Make suitable savoury family dishes, independently</i> • <i>Dovetail recipes to make different components at once, independently</i> • <i>Produce suitable accompaniments to serve with dishes</i>
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