

Year 7 Progress Ladder – Food & Nutrition

Pathway A	Pathway B	Pathway C	Pathway D	Investigating & Planning	Making	Evaluating	Communicating
1. Exceeding expected progress	1. Exceeding expected progress			<p>I have researched using different methods</p> <p>I have looked at existing ingredients, dishes and analysed how they work</p> <p>I have recognised good work from other chefs and modified my recipe ideas</p> <p>I can understand the nutritional benefits of a balanced diet in terms of the proportions of the Eatwell Guide</p> <p>I can understand the specific functions, main sources and dietary reference values and the consequence of malnutrition of macronutrients and micronutrients</p> <p>I have included dovetailing of quality checking procedures in my time plan.</p>	<p>I have selected the correct equipment to prepare and make my dish</p> <p>I have conducted myself appropriately and maintained a safe working environment</p> <p>I have finished my product to a high standard.</p> <p>Can choose and use independently, a complex range of equipment processes and ingredients with high quality and precision, having shown a high level of technical skills.</p>	<p>I have tested my dishes using sensory analysis</p> <p>I have suggested modification(s) to my dish/recipe</p> <p>I have recorded, with reasons, changes that I have made to my dish in regards to healthy life styles.</p> <p>I can critically analyse and evaluate to draw well evidenced conclusions on issues relating to food choices, provenance and production.</p>	<p>I have shown complex use of technical language in the annotation of my booklet</p> <p>I have written an evaluation of my dishes using sentences and technical language but there may be a few errors in my spelling, punctuation and grammar</p> <p>I have presented my dishes to a high standard with most elements complete.</p> <p>My test scores average above 60%.</p>
2. Making expected progress	1. Exceeding expected progress	1. Exceeding expected progress	1. Exceeding expected progress	<p>I have produced some appropriate research</p> <p>I have looked at existing ingredients and dishes</p> <p>I can understand the nutritional benefits of a balanced diet in terms of the proportions of the Eatwell guide</p> <p>I can understand the specific functions, main sources and dietary reference values and the consequence of malnutrition of macronutrients and micronutrients</p> <p>I have understood and used others' ideas to develop my recipes</p> <p>I have made a time plan with at least two quality checks.</p>	<p>I have used tools accurately to prepare and make my product</p> <p>I have considered the safety of others in my immediate surroundings</p> <p>I have made a dish that is finished to a good standard</p> <p>Can select the appropriate cooking methods and equipment to modify and improve the palatability of a recipe, having considered the nutritive value.</p>	<p>I have tested my dishes using limited sensory analysis</p> <p>I have written an evaluation for my dishes listing improvement with some understanding on improving the dish nutritionally.</p> <p>I have recorded some reasons, changes that can be made to improve the dish nutritionally.</p> <p>I have a good knowledge of nutrition.</p>	<p>I have shown some use of technical language in the annotation of my booklet</p> <p>I have written an evaluation of my dishes using sentences and some technical language but there may be a several errors in my spelling, punctuation and grammar</p> <p>I have presented my dishes work to a good overall</p> <p>My test scores average above 50%.</p>
3. Below expected progress	2. Making expected progress			<p>I have produced some simple research</p> <p>I have used ideas from other chefs to help me with my work</p> <p>I have limited understand the nutritional benefits of a balanced diet in terms of the proportions of the Eatwell Guide</p> <p>I can understand the limited functions, main sources and dietary reference values and the consequence of malnutrition of macronutrients and micronutrients</p> <p>I have limited understood and used others' ideas to develop my recipes</p> <p>I have produced a step by step time plan to make my dish with at least one element of feedback.</p>	<p>I have used the correct tools to make my product</p> <p>I have used skills from previous lessons. Can select equipment from a range with some success. Can understand the different methods of cooking.</p> <p>I have dressed and worked in a way that ensures my personal safety</p> <p>I have made a dish and presented it in a way I have planned it to do.</p>	<p>I have tested some aspects of my final product using sensory analysis</p> <p>I have identified what worked well and what needed improving in regards to limited understanding of nutrition.</p> <p>I have recorded basic nutritional reasons for changes to my dishes</p> <p>I have a limited understanding of basic nutrition.</p>	<p>I have completed limited annotation of my dishes and using a couple of technical terms</p> <p>I have written a simple evaluation of my dishes but there may be a several errors in my spelling, punctuation and grammar</p> <p>I have presented some of my booklet but some elements may be missing</p> <p>My test scores average above 40%.</p>

4.Cause for concern	3.Below expected progress	2. Making expected progress	<p>I have thought of ideas and planned what to do next based on my experience of working of ingredients.</p> <p>I basic understand the nutritional benefits of a balanced diet in terms of the proportions of the Eatwell Guide</p> <p>I can understand the basic functions, main sources and dietary reference values and the consequence of malnutrition of macronutrients and micronutrients</p> <p>I have basic understood and used others' ideas to develop my recipes</p> <p>I have produced a step by step plan to make my dish</p> <p>I have used sketches/models/words to describe my designs/proposals.</p>	<p>I have used skills from a previous lessons.</p> <p>I have selected equipment from a range with limited success.</p> <p>I have some understanding of cooking methods.</p> <p>I have worked safely within a kitchen environment.</p> <p>I dishe has been generally successful in completion.</p>	<p>I have tested basic aspects of my final product using sensory analysis. I show evidence of sensory testing but results may not be clear.</p> <p>I have identified what worked well and what needed improving in regards to limited understanding of nutrition.</p> <p>I make basic comments on issues relating to food choice, food made by myself and others.</p>	<p>I have presented all of my dishes and have completed basic annotation in my booklet.</p> <p>I have tried to evaluate my final dish with basic technical language.</p>	
	4.Cause for concern	3.Below expected progress	2. Making expected progress	<p>Can understand what a balanced diet is in relation to the Eatwell Guide</p> <p>To be able to understand why the ingredients are being incorporated into a recipe.</p>	<p>I have talked about what I am making and which equipment I have used.</p> <p>I have developed basic practical skills</p> <p>I have used tools and materials, sometimes with help and guidance.</p> <p>I have worked safely within a kitchen environment.</p>	<p>I have tested basic aspects of my final product using sensory analysis. I show evidence of sensory testing but results may not be clear.</p> <p>I am aware what worked well and what needed improving in regards to limited understanding of nutrition.</p> <p>I make occasional comments on issues relating to food choice, food made by myself and others.</p>	<p>I have presented all of my dishes</p> <p>I have annotated some of my work with limited use of technical terms.</p>
		4.Cause for concern	3.Below expected progress	<p>Basic understand what a balanced diet is in relation to the Eatwell guide</p> <p>I have a basic understand why the ingredients are being incorporated into a recipe.</p>	<p>I have used tools and materials, sometimes with help.</p> <p>I have developed basic practical skills with guidance.</p>	<p>I have tested basic aspects of my final product using sensory analysis. I show evidence of sensory testing but results may not be clear.</p>	<p>I have attempted some booklet work</p> <p>I have presented all of my dishes.</p>
		4.Cause for concern	4.Cause for concern	<p>Limited identification of the section on the Eatwell plate</p> <p>I can follow a basic recipes to create a dish.</p>	<p>I have used tools and materials, sometimes with help.</p>	<p>I have tested basic aspects of my final product using sensory analysis. I show evidence of sensory testing but results may not be clear.</p>	<p>I have attempted limited booklet work</p> <p>I have some presented all of my dishes.</p>