

KS3 assessment in...

Food Preparation and Nutrition

Lesson 1 continued
Pupils receive a Personal Learning Checklist (PLC). This outlines the substantive and declarative content of the unit.

They are asked to self-assess by RAG rating their current level of skill and knowledge at the start of the unit.

PERSONAL LEARNING CHECKLIST							
Practical skills - I can:							
	S1. Weigh and measure		S2. Peel & grate		S3. Use bridge and claw, cutting evenly		S4. Use the hob safely
	S5. Use the oven safely		S6. Control temperatures of hob and oven		S7. Rub in		S8. Make and knead a dough
Knowledge - I know:							
	K1. How to prevent hazards		K2. The names and functions of parts of the oven		K3. How some raising agents work		K4. What nutrients are and why we need them
	K5. What enzymic browning is and how to prevent it		K6. How we taste foods		K7. What the Eatwell Guide shows		K8. What heat energy is
	K9. Some reasons why people choose different diets		K10. What coloured boards are used to prepare different foods		K11. What seasonality, provenance and food miles are	<p>Green – I can do this independently / I know this and can help others with this.</p> <p>Amber – I can do this but may need a little help / I know this.</p> <p>Red – I can't yet do this / this learning hasn't got stuck in my memory.</p>	

Summative assessments

- They return to the PLC and update it to show what they can now do and what they have learnt.
- They complete an end of unit test on Microsoft Teams
- Data is tracked throughout the rotation so that we can a) talk confidently about the progress of individuals and b) pass the data on to the teacher of the next rotation.



PERSONAL LEARNING CHECKLIST			
Practical skills - I can:			
S1. Handle high risk foods safely	S2. Fine dice using bridge and claw	S3. Make a reduction and all-in-one sauce	S4. Use the muffin method
S5. Test cakes for readiness	S6. Prove dough	S7. Shape wet mixtures	S8. Have more than one element of a dish on the go
Knowledge - I know:			
K1. What high risk foods are and how to store them	K2. The temperatures of the 'Danger Zone'	K3. How to use a food temperature probe	K4. Definition of macronutrients and micro nutrients
K5. Define Natasha's law / identify allergens	K6. What the traffic light system on packaging shows	K7. The difference between Best Before and Use By dates	K8. The role of yeast and gluten in bread doughs
K9. The difference between vegetarian and vegan	K10. The foods different religions do and don't eat	K11. What food ethics means	<small>Green - I can do this independently / I know this and can help others with this Amber - I can do this but may need a little help / I know this but I can't put it into / this learning hasn't yet stuck in my memory</small>

Yr 9 End of Unit test (20 Points)

1. Which one is NOT one of the 7 Nutrients needed for our bodies to function effectively * (1 Point)
- Water
 - Carbohydrates
 - Antigens ✓
 - Dietary Fibre
 - Fat