

KS3 **FOOD Technology** Practical Progression Grid Y9

From the D&T National curriculum students will:

Understand and apply the principles of nutrition and health

Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet

become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes. This will progress from y7 - y9 with increased difficulty in dishes made.

Understand the source, seasonality and characteristics of a broad range of ingredients

Y9		Working Towards	Expected Standard	Greater Depth
		By the end of the year a student should be able to make more comprehensive predominantly savoury dishes stir fry, curry, fairy cakes, sweet & sour, bolognaise/chilli, jam tarts	By the end of the year a student should be able to make more comprehensive predominantly savoury dishes stir fry, curry, fairy cakes, sweet & sour, bolognaise/chilli, jam tarts	By the end of the year a student should be able to make more comprehensive predominantly savoury dishes stir fry, curry, fairy cakes, sweet & sour, bolognaise/chilli, jam tarts
E O Y 9	P R A C T I C A L	<ul style="list-style-type: none"> - get ready for the practical lesson, following all of the standard procedures -safely move around the room -independently weigh and measure ingredients accurately following the recipe - use the knife safely to make more complex predominantly savoury dishes, especially cutting an onion. -can light/turn on the oven/hobs independently and can control the heat. - keep the area clean and tidy and clean as I go. -finish on time and work as a team 	<ul style="list-style-type: none"> -Make and follow a recipe showing a range of skills, using a range of equipment with accuracy to create a well-presented outcome. -Uses a cook's knife and other technical equipment safely, with a variety of uses and food types to make comprehensive predominantly savoury dishes. - make & taste the dish and independently adapt the dish with different ingredients/herbs -Time is used well and all aspects of health and safety are followed 	<ul style="list-style-type: none"> Show a wide range of practical skills using appropriate tools correctly and safely to produce a precise and high-quality outcome. -Tasks are organised by prioritising and dovetailing to carry out numerous different tasks simultaneously. -Numerous checks for hygiene safety and quality - taste the dish and evaluate how to improve -adapt and use their own recipe using seasonal ingredients suitable for a special dietary need

	Working Towards	Expected Standard	Greater Depth
	By the end of the year a student should be able to:	By the end of the year a student should be able to:	By the end of the year a student should be able to:
T H E O R Y	<p>Know key elements impacting food hygiene and causes of food poisoning, including some different bacteria.</p> <p>Understand nutritional needs looking at the main macro and micro nutrients including their function.</p> <p>Know some different dietary needs including age, choice, health allergies and intolerances</p> <p>Plan a simple menu for a special dietary need with at least one seasonal ingredient</p>	<p>Understand key elements impacting food hygiene and causes of food poisoning, including different bacteria.</p> <p>Understand more in-depth nutritional needs looking at the main macro and micro nutrients including their function and deficiency</p> <p>Understand different dietary needs including age, choice, health allergies and intolerances</p> <p>Plan a menu for a special dietary need and understand the source, seasonality and characteristics of a broad range of ingredients, including some seasonal ingredients in the menu.</p>	<p>Understand and apply key elements impacting food hygiene and causes of food poisoning, including different bacteria with examples.</p> <p>Understand and apply with examples more in-depth nutritional needs looking at the main macro and micro nutrients including their function and deficiency</p> <p>Understand a range of different dietary needs including age, choice, health allergies and intolerances with examples</p> <p>Plan a comprehensive 3 course menu for a special dietary need including seasonal ingredients and understand the source, seasonality and characteristics of a broad range of ingredients</p>