

Food and Nutrition

Outcomes	Food Commodities	Nutrition	Food Provenance	Cooking and Food Preparation
Basic	I can identify the commodity groups from the Eatwell Guide.	I have some understanding of the function of nutrients.	I have a basic knowledge of where food comes from.	I have made a basic attempt at selecting ingredients and equipment to cook. I have needed support at most stages and a basic attempt has been made to demonstrate technical skill. Portion control and quality of finish is limited. Food hygiene or health and safety is limited.
Adequate	I can identify the commodity groups and state the sources from the Eatwell Guide. I understand some of the functions of section.	I have an understanding of the function of nutrients. I am able to state both the macronutrients and the micronutrients.	I have a limited knowledge and understanding of where food comes from.	I have a limited knowledge of the sequence of work and have selected appropriate equipment and ingredients. I have demonstrated a range skills and techniques. Dish has been produced with limited quality of finish. I have been reminded to consider food hygiene and safety during the lesson.
Secure	I can confidently identify the commodity groups, give a function and state a range of sources from the Eatwell Guide.	I can identify the main nutrients and their sources. I am able to use this information to give reasons for choice when planning dishes.	I have a good understanding of where food comes from and of some multi-cultural ingredients, dishes and cooking methods / techniques.	I have worked increasingly more independently to prepare my dishes. I have selected the correct equipment and have shown a range of skills. I have garnished my dish appropriately. I have been organised, safe and hygienic throughout the practical and have made a fairly good attempt to meet the time deadlines.
Advanced	I have a good understanding of the functions of all commodity groups from the Eatwell Guide. I am aware of how the food can be used within recipes.	I can identify the main nutrients, their function and source. I have a good understanding of the dietary requirements of individuals requiring a special diet. I can use this information to give reasons for choice when planning dishes.	I have a good knowledge and understanding of where most food comes from and how they are grown, caught or reared. Some multi-cultural ingredients, dishes, cooking methods / techniques and traditions.	I have worked independently throughout to prepare and cook a range of dishes where the majority match the Eatwell Guide. I can use all equipment safely and generally confidently. All products involve a high skill level and demonstrate a good quality of finish with some presentation techniques attempted. My practical was carefully organised, I was tidy, safe and hygienic throughout. I met the time deadlines.
Excelling	I have an excellent understanding of the source and function of all commodity groups on the Eatwell Guide. I am aware of the origins of food, including ethical or social influences on my choice of ingredients when selecting them for a recipe.	I can identify the main nutrients, their functional properties and source of ingredients. I have a good understanding of the causes and dietary needs of individuals and can plan suitable dishes to maintain good health. I give detailed reasons for choice.	I have an excellent knowledge and understanding of where most food comes from and how they are grown, caught or reared. Some multi-cultural ingredients, dishes, cooking methods / techniques and traditions. A good awareness of ethical issues surrounding food, and recognition of some practical steps we can take to reduce the impact on the environment.	I have worked independently throughout to prepare and cook a range of dishes matching the Eatwell Guide. I can use all equipment safely and confidently. All products involve a high skill level and demonstrate a good quality of finish with quality presentation techniques used. My practical was carefully organised, I was tidy, safe and hygienic throughout. I met the time deadlines. I was able to reflect on my practical.