## **Food and Nutrition**

Outcomes	Food Commodities	Nutrition	Diet & Good Health	Food Provenance	Cooking and Food Preparation.
	I have a basic understanding of the	I have a basic knowledge and	I have a basic understanding of the	I have a basic knowledge and understanding	I have made a basic attempt at selecting
Basic	working characteristics of most food	understanding of the function of some	energy requirements needed for at	of where some food comes from.	ingredients and equipment to cook.
	commodity groups from the Eatwell	macro and/or micronutrients, and a	least one life stage. I have a basic		I have needed support at most stages and a
	Guide. I am aware of how some foods	very basic understanding of why people	understanding of the dietary needs		basic attempt has been made to
	can be prepared and used. I have a basic	require different amounts during the	of individuals with special diets		demonstrate technical skill. Portion control
	awareness of factors that can influence food choice.	life stages. I have a basic understanding	and/or specific lifestyles.		and quality of finish is limited. Food hygiene
	I have a good understanding of the	of the sources of these nutrients. I have some knowledge and	I have some understanding of the	I have some knowledge and understanding	or health and safety is limited. I have a limited knowledge of the sequence
Adequate	working characteristics of most food	understanding of the function of some	energy requirements needed for	of where most food comes from. I have	of work and have selected appropriate
	commodity groups from the Eatwell	macro and micronutrients, and a basic	some life stages. I am able to plan	some knowledge and understanding of	equipment and ingredients. I have
	Guide, and an understanding of how	understanding of why people require	dishes to maintain good health,	some multi-cultural ingredients, dishes,	demonstrated a range skills and techniques.
	these foods can be prepared and used in	different amounts during the life stages	including those with specific dietary	cooking techniques and/or traditions.	Dish has been produced with limited quality
	some dishes. I have a good awareness of	I have some understanding of the	needs, with reasons for choice.	cooking techniques and/or traditions.	of finish. I have been reminded to consider
	origins of food, to include ethical or social	sources of these nutrients.	needs, with reasons for choice.		food hygiene and safety during the lesson.
	influences on choice of ingredients.	sources of these nutrents.			food hygiene and safety during the lesson.
	I have a very good understanding of the	I have a good knowledge and	I have a good understanding of the	I have a good knowledge and understanding	I have worked increasingly more
	functions of most commodity groups from	understanding of the function of most	energy requirements needed for	of where most food comes. I have a good	independently to prepare my dishes.
Secure	the Eatwell Guide. I have a very good	nutrients. I have a good understanding	life stages. I can plan suitable	knowledge and understanding of many	I have selected the correct equipment and
	understanding of the sources of most	of the sources of these nutrients. I am	dishes to maintain good health,	multi-cultural ingredients, dishes, cooking	have shown a range of skills. I have
	food commodity groups and a good	aware of the importance of energy	including those with specific dietary	techniques and/or traditions.	garnished my dish appropriately.
	awareness of how they can be used	balance and some knowledge of the	needs, with appropriate reasons for	I have a good awareness of ethical issues	I have been organised, safe and hygienic
	within recipes.	causes of excess or deficiency.	choice.	surrounding food, and recognition of some	throughout the practical and have made a
				practical steps we can take to reduce the	fairly good attempt to meet the time
				impact on the environment.	deadlines.
	I have an excellent understanding of the	I have a detailed knowledge and	I have an excellent understanding	I have an excellent knowledge and	I have worked independently throughout to
	functions of all commodity groups from	understanding of the function of most	of the energy requirements needed	understanding of where food comes from	prepare and cook a range of dishes where
	the Eatwell Guide. I have a detailed	nutrients, and why people require	for a range of life stages.	and how they are grown, caught or reared.	the majority match the Eatwell Guide.
	understanding of the sources of food	different amounts during the life stages.	I have an excellent understanding	I have an excellent knowledge and	I can use all equipment safely and generally
	commodity groups and an awareness of	I have a detailed understanding of the	of the causes and dietary needs of	understanding of a range of multi-cultural	confidently.
Advanced	how they can be used within recipes. I	sources of these nutrients. I am aware	individuals with special diets	ingredients, dishes, cooking techniques and	All products involve a high skill level and
	have a very good awareness of origins of	of the importance of energy balance	and/or specific lifestyles.	traditions. I am aware of ethical issues	demonstrate a good quality of finish with
	food, to include ethical and social influences on choice of ingredients.	and the causes and implications of excess or deficiency and can use this to	I can plan creative dishes to maintain good health, including	surrounding food, and recognition of a range of practical steps we can take to	some presentation techniques attempted. My practical was carefully organised, I was
	indences on choice of ingredients.	help meal plan.	those with specific dietary needs,	reduce the impact on the environment.	tidy, safe and hygienic throughout. I met the
			with detailed reasons for choice.	reduce the impact on the environment.	time deadlines.
	I have a thorough understanding of the	I have a thorough knowledge and	I have a detailed understanding of	I have a detailed knowledge and	I have worked independently throughout to
Excelling	functions of all commodity groups from	understanding of the function of most	the energy requirements needed	understanding of where food comes from	prepare and cook a range of dishes
	the Eatwell Guide. I have a detailed	macro and micronutrients, and why	for a range of life stages.	and how they are grown, caught or reared.	matching the Eatwell Guide.
	understanding of the sources of food	people require different amounts	I have a detailed understanding of	I have a detailed knowledge and	I can use all equipment safely and
	commodity groups. I have a detailed	during the life stages. I have a thorough	the causes and dietary needs of	understanding of a range of multi-cultural	confidently. All products involve a high skill
	understanding of the working	understanding of the sources of these	individuals with special diets	ingredients, dishes, cooking techniques and	level and demonstrate a good quality of
	characteristics of most food commodity	nutrients. I am aware of the importance	and/or specific lifestyles.	traditions. I am aware of ethical issues	finish with quality presentation techniques
	groups and I know how these foods can	of energy balance and the causes and	I can plan creative dishes to	surrounding food, and recognition of a	used. My practical was carefully organised, I
	be prepared and used in a range of dishes.	implications of excess or deficiency and	maintain good health, including	range of practical steps we can take to	was tidy, safe and hygienic throughout. I
	I have an excellent awareness of origins of	can use this to help meal plan.	those with specific dietary needs,	reduce the impact on the environment.	met the time deadlines. I was able to reflect
	food, to include ethical and social		with detailed reasons for choice.	I am aware of the reasons why food is	on my practical.
	influences on choice of ingredients.			fortified and/or modified and the impact	
				this has on food production.	