

## Food and Nutrition

Outcomes	Food Commodities	Nutrition	Diet & Good Health	Food Provenance	Cooking and Food Preparation.
<b>Basic</b>	I have a basic understanding of the working characteristics of most food commodity groups from the Eatwell Guide. I am aware of how some foods can be prepared and used. I have a basic awareness of factors that can influence food choice.	I have a basic knowledge and understanding of the function of some macro and/or micronutrients, and a very basic understanding of why people require different amounts during the life stages. I have a basic understanding of the sources of these nutrients.	I have a basic understanding of the energy requirements needed for at least one life stage. I have a basic understanding of the dietary needs of individuals with special diets and/or specific lifestyles.	I have a basic knowledge and understanding of where some 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.
<b>Adequate</b>	I have a good understanding of the working characteristics of most food commodity groups from the Eatwell Guide, and an understanding of how these foods can be prepared and used in some dishes. I have a good awareness of origins of food, to include ethical or social influences on choice of ingredients.	I have some knowledge and understanding of the function of some macro and micronutrients, and a basic understanding of why people require different amounts during the life stages. I have some understanding of the sources of these nutrients.	I have some understanding of the energy requirements needed for some life stages. I am able to plan dishes to maintain good health, including those with specific dietary needs, with reasons for choice.	I have some knowledge and understanding of where most food comes from. I have some knowledge and understanding of some multi-cultural ingredients, dishes, cooking techniques and/or traditions.	I have a limited knowledge of the sequence of work and have selected appropriate equipment and ingredients. I have demonstrated a range of 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.
<b>Secure</b>	I have a very good understanding of the functions of most commodity groups from the Eatwell Guide. I have a very good understanding of the sources of most food commodity groups and a good awareness of how they can be used within recipes.	I have a good knowledge and understanding of the function of most nutrients. I have a good understanding of the sources of these nutrients. I am aware of the importance of energy balance and some knowledge of the causes of excess or deficiency.	I have a good understanding of the energy requirements needed for life stages. I can plan suitable dishes to maintain good health, including those with specific dietary needs, with appropriate reasons for choice.	I have a good knowledge and understanding of where most food comes from. I have a good knowledge and understanding of many multi-cultural ingredients, dishes, cooking techniques and/or traditions. I have 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 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.
<b>Advanced</b>	I have an excellent understanding of the functions of all commodity groups from the Eatwell Guide. I have a detailed understanding of the sources of food commodity groups and an awareness of how they can be used within recipes. I have a very good awareness of origins of food, to include ethical and social influences on choice of ingredients.	I have a detailed knowledge and understanding of the function of most nutrients, and why people require different amounts during the life stages. I have a detailed understanding of the sources of these nutrients. I am aware of the importance of energy balance and the causes and implications of excess or deficiency and can use this to help meal plan.	I have an excellent understanding of the energy requirements needed for a range of life stages. I have an excellent understanding of the causes and dietary needs of individuals with special diets and/or specific lifestyles. I can plan creative dishes to maintain good health, including those with specific dietary needs, with detailed reasons for choice.	I have an excellent knowledge and understanding of where food comes from and how they are grown, caught or reared. I have an excellent knowledge and understanding of a range of multi-cultural ingredients, dishes, cooking techniques and traditions. I am aware of ethical issues surrounding food, and recognition of a range of 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 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.
<b>Excelling</b>	I have a thorough understanding of the functions of all commodity groups from the Eatwell Guide. I have a detailed understanding of the sources of food commodity groups. I have a detailed understanding of the working characteristics of most food commodity groups and I know how these foods can be prepared and used in a range of dishes. I have an excellent awareness of origins of food, to include ethical and social influences on choice of ingredients.	I have a thorough knowledge and understanding of the function of most macro and micronutrients, and why people require different amounts during the life stages. I have a thorough understanding of the sources of these nutrients. I am aware of the importance of energy balance and the causes and implications of excess or deficiency and can use this to help meal plan.	I have a detailed understanding of the energy requirements needed for a range of life stages. I have a detailed understanding of the causes and dietary needs of individuals with special diets and/or specific lifestyles. I can plan creative dishes to maintain good health, including those with specific dietary needs, with detailed reasons for choice.	I have a detailed knowledge and understanding of where food comes from and how they are grown, caught or reared. I have a detailed knowledge and understanding of a range of multi-cultural ingredients, dishes, cooking techniques and traditions. I am aware of ethical issues surrounding food, and recognition of a range of practical steps we can take to reduce the impact on the environment. I am aware of the reasons why food is fortified and/or modified and the impact this has on food production.	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.