

## Food and Nutrition

Outcomes	Food Commodities	Nutrition	Science of Food	Cooking & Food Preparation	On Course for GCSE Grade
<b>Basic</b>	I have some 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 dishes.	I have a basic knowledge and understanding of the function of some macro and micronutrients, and a basic understanding of why people require different amounts during their lives, e.g. pregnancy.	I can give a prediction with reference to some basic knowledge. I have some basic knowledge or working characteristics or functional or chemical properties of ingredients.	I can demonstrate one or two skills.	<b>1-3</b>
<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 some knowledge and understanding of the function of some macro and micronutrients, and a basic understanding of why people require different amounts during their lives, e.g. pregnancy. I can identify some of the sources of these nutrients.	I can give predictions when referring back to the original task. I have some knowledge or working characteristics or functional or chemical properties of ingredients. I can record my results.	I have attempted to demonstrate some technical skill, with some success with more simple processes.	<b>3-5</b>
<b>Secure</b>	I have a detailed 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 a range of dishes. A good awareness of origins of food, to include ethical and social influences on choice of ingredients.	I have a good knowledge and understanding of the function of most macro and micronutrients, and some understanding of why people require different amounts during their lives, e.g. pregnancy. I have a good understanding of the sources of these nutrients.	I can make a prediction. My knowledge and understanding of the working characteristics, functional or chemical properties of ingredients is good. My investigations have been carried out mainly independently, and to a suitable standard. My results are presented satisfactorily, with good use of specialist terms. I can draw suitable conclusions based on evidence from investigation.	I worked independently to prepare and cook a range of dishes where the majority match the Eatwell Guide. I used all equipment safely and generally confidently. I products I decided to make demonstrate a good quality of finish with some presentation techniques. I have attempted some high level skills but lacking quality in execution. I was generally an organised worker and met the time deadlines.	<b>4-6</b>
<b>Advanced</b>	I have an excellent understanding of the working characteristics of all food commodity groups from the Eatwell Guide, and the how these foods can be prepared and used in a wide range of dishes.	I have a detailed knowledge and understanding of the function of most macro and micronutrients, and why people require different amounts during their lives, e.g. pregnancy. 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.	I can make detailed predictions referring to scientific knowledge. I have excellent knowledge and understanding of the working characteristics, functional and chemical properties of ingredients. I have worked independently and to a good standard. My results are clearly presented, communicated to a good standard, using good specialist terms. I have drawn conclusions based on evidence from investigations and/or data and my prediction has been reviewed.	I have worked independently to prepare and cook a range of dishes using ingredients from a range of food commodity groups. I have used a range of electrical equipment safely and confidently. All of my products are of a high quality and demonstrate good presentation skills. I can demonstrate some high level skills confidently. I am Safe, confident and generally organised worker in all practical task and nearly all time deadlines met. Portion control evident in most dishes.	<b>6-8</b>
<b>Excelling</b>	I have a comprehensive understanding of the working characteristics of all food commodity groups from the Eatwell Guide, and the how these foods can be prepared and used in a wide range of dishes. I am aware of the origins of food, to include ethical and social influences on choice of ingredients.	I have a comprehensive knowledge and understanding of the function of a wide range of macro and micronutrients, and why people require different amounts during their lives, e.g. pregnancy. I have a comprehensive understanding of the sources of these nutrients. I have an excellent awareness of the importance of energy balance and the causes and implications of excess or deficiency.	I can make detailed and comprehensive predictions given referring to scientific knowledge. I have an excellent knowledge and understanding of the working characteristics, functional and chemical properties of ingredients. My investigations have been recorded in considerable detail. All investigations have been carried out independently, and to a high standard. My results are presented to a high standard, clearly communicating meaning in a logical manner, using a range of specialist vocabulary. I have completed a detailed analysis of task and conclusions drawn are detailed, scientific and based on the results from the investigation and/or data and my prediction has been reviewed in depth.	I can independently and competently prepare and cook a wide range of dishes from all food commodity groups. I work confidently, safely and competently use of small and large scale equipment. I'm an organised, independent worker with excellent time management. I've used a wide range of skills demonstrated to a consistently high standard, a lot of which are high level. I considered the sensory properties of food and presented the dishes appropriately to a high standard.	<b>7-9</b>