



## Subject Level Boundary Template

<b>Department</b>	Food and Nutrition	<b>Year Group</b>	7	<b>Assessment</b>	Practical Work
<b>Assessment Summary</b>	<p>Students will undertake a range of practical activities in Food and Nutrition. The practical work undertaken will encompass many aspects of Food Preparation, Cooking and Nutrition and the students will learn more about the following:</p> <ul style="list-style-type: none"> <li>• Understand the importance of safety and hygiene in the kitchen</li> <li>• Demonstrate how to use a range utensils and larger equipment including safe use of the cooker</li> <li>• Produce recipes using a range of skills and techniques</li> <li>• Learn about where our food comes from, the Eatwell guide and food science</li> <li>• Carryout a range of practical cookery sessions</li> </ul>				
<b>Practical Work</b>					
<b>Level 1</b>	I have demonstrated some personal preparation, including hand washing and putting on my apron independently. I have prepared the ingredients and followed the steps to make the recipe with some help and guidance. I have not attempted to operate the cooker. I would require support to develop my ideas and presentation techniques further. Washing up has been done, the sequencing of washing and drying my not be fully understood and applied.				
<b>Level 2</b>	I have demonstrated some understanding of the health and safety procedures in the kitchen, I can apply this and prepare myself for the practical. I have attempted to turn on the cooker, but may need help setting the correct temperature. I have used the skills and techniques modelled by the teacher to produce the recipes, sometimes I needed a little guidance. I was able to plate up my food ready for presentation, I need to consider what constitutes reasonable portion control. Washing up has been done, some reminders may be given to complete it.				
<b>Level 3</b>	I have demonstrated good personal preparation, I can follow the health and safety procedures in the kitchen. I have been able to use a variety of skills and use a range of equipment independently to produce the recipes. I have plated up my food using appropriate portion control and considered a garnish (if required). I am able to use the cooker confidently and safely. I have washed up, but sometimes not able to prioritise when it should be done.				
<b>Level 4</b>	I have confidently prepared myself and my workspace ready for the practical. I have been organised throughout and have set the cooker to correct temperature and used it independently and safely. I am able to follow a recipe/demonstration and I am keen to develop my own ideas. I am able to demonstrate a range of skills and techniques to produce a quality product. I have kept my workspace tidy and washed up during the practical.				
<b>Level 5</b>	I have applied the safety and hygiene principles to all aspects of the practical. I have kept a tidy workspace throughout and I am methodical in my approach. The cleaning and washing up has been carried out to a hygienically high standard. I have been able to develop my ideas and use a wide variety of skills and techniques independently. I have considered the presentation of my final dish and used appropriate portion control when plating up. My dishes are always well-presented.				