

FOOD PREPARATION AND NUTRITION ASSESSMENT FRAMEWORK

Assessment Grade	Key Knowledge and Skills
9	<p>a Students know and understand nutritional modification and the fortification of food. They understand the environmental issues associated with food.</p> <p>b They know and understand the impact of food and food security on local and global markets and communities.</p> <p>c They understand the functional and chemical properties of food. They can fillet fish and joint chicken.</p> <p>d They use high quality finishing techniques. They know and understand the use of microorganisms in food production.</p>
8	<p>a Students understand how to maintain a healthy weight throughout life, understanding the relationship between diet and physical activity, as well as taking into account other factors.</p> <p>b They can analyse dishes using a nutritional programme and modify the product to meet the needs of other users.</p> <p>c They skilfully use decoration and garnishing techniques to improve aesthetics.</p> <p>d They know and understand the food safety principles when buying and storing food.</p>
7	<p>a Students apply current healthy eating recommendations, and understanding of people's needs, to their own diet and those of others, e.g. before and during pregnancy and breastfeeding.</p> <p>b They are able to make informed choices based on food labels, ingredients lists, nutrition information and health claims.</p> <p>c They can change recipes and dishes to make them healthier and more appealing by altering ingredients, and/or by using different cooking methods.</p> <p>d They know and understand the food safety principles when preparing and cooking food.</p>
6	<p>a Students understand the importance of energy balance and the implications of dietary excess or deficiency.</p> <p>b They consider a wide range of factors when making food choices.</p> <p>c They apply skills and understanding competently to plan, prepare and safely cook dishes and menus for a healthy, varied and balanced diet.</p> <p>d They use equipment to test for safety.</p>
5	<p>a Students use current healthy eating advice to choose a varied balanced diet for their needs and those of others. They know that food and drinks provide energy and nutrients in different amounts; that they have important functions in the body; and that people require different amounts during their life.</p> <p>b They understand the influence of food marketing, advertising and promotion on their own diet and purchasing behaviour.</p> <p>c They can modify recipes and cook mainly savoury dishes that are based on current healthy eating messages. They use equipment for consistency and accuracy.</p> <p>d They can make sauces. They understand technical developments associated with better health. They know about food poisoning, its symptoms and preventative measures.</p>
4	<p>a Students know that a variety of food is needed in the diet because different foods provide different substances required for our health. They are aware that food needs change and that some people eat or avoid certain foods.</p> <p>b They know about the different stages in food production and processing. They understand how geography, weather and climate influence the availability of food and drink.</p>

	c	They can read and make use of the main information on food and drink labels. They consider the concept of sustainability and the impact of different choices on the environment.
	d	They understand the science of food preparation. They understand the principles of cleaning, preventing cross-contamination, chilling, cooking food thoroughly and reheating food until it is steaming hot. They understand that some foods have a higher risk of food poisoning than others.
3	a	Students make food choices based on the current healthy eating advice and understand that a healthy diet is made up from a variety and balance of different food and drinks, as depicted in <i>the eatwell plate</i> . They know that food and drinks provide energy and in different amounts.
	b	They know that food is produced, processed and sold in different ways. They explore the factors involved in food and drink choice and how this may be influenced by availability, season, need, cost, minimal packaging, where the food is produced, culture, religion, allergy/intolerance and peer pressure.
	c	They are aware that some foods have labels which provide information to help when making a choice. They are aware that advertising can influence what they choose to eat.
	d	They are aware that it is important to choose an appropriate portion size for their needs. They understanding the functions and sources of nutrients. They use a broad range of preparation techniques and methods when cooking. They understand the use of date marks and storage instructions on food and drink labels.
2	a	Students know that some people eat or avoid certain foods for different reasons. They recognise that all food comes from plants or animals. They now that people choose different types of food, based on who they are with, preferences, season, time of day, allergy/intolerance, religion and occasion.
	b	They demonstrate an increasing range of food preparation skills. They know how to store, prepare and cook a variety of predominantly savoury dishes safely and hygienically.
	c	They know that food safety means preventing contamination, spoilage and decay when handling and storing food, so that it is safe to eat.
	d	They demonstrate good food safety practices when getting ready to store, prepare and cook food.
1	a	Students are aware that we need a balanced and varied diet to grow, be active and maintain health, and that we need to eat more of some foods than others, e.g. as depicted in <i>the eatwell plate</i> .
	b	They are aware that it is important to choose an appropriate portion size for their needs.
	c	They are able to use all parts of the cooker competently.
	d	They can produce a range of mainly savoury foods which show a range of skills. They recognise the importance of preparing and cooking food safely and hygienically.
S	a	Students recognise that food and water are essential for life.
	b	They know that it is important to drink regularly throughout the day to stay hydrated. They recognise that all food comes from plants or animals.
	c	They can talk about which foods they like or dislike.
	d	They know how to get ready to cook. They know that food needs to be stored in different ways to keep it safe.