



Year 7 Food Preparation & Nutrition Progress Ladder

Use this document to track how you are improving throughout the year. Look at the statements for each level to see what you can do now and what you need to work on next to reach the next level.

	Hygiene and Safety				Nutrition and Food Choices				Making				Evaluation			
Examples of how to achieve in each area:	<ul style="list-style-type: none"> Wash hands and tools before and after cooking. Keep raw and cooked food separate to stop contamination. Clean your workspace while you cook to stay organised and safe. Explain why hygiene rules are important. 				<ul style="list-style-type: none"> Check recipes for healthier ingredient options and suggest changes. Explain why nutrients like protein, carbs, and vitamins are important. Plan meals for basic dietary needs like vegetarian or low sugar. Learn where ingredients come from and how they impact the environment. 				<ul style="list-style-type: none"> Practise chopping, mixing, and other basic techniques. Follow recipes carefully and measure ingredients accurately. Try cooking with different methods like steaming or frying. Work on making your food look neat and creative. 				<ul style="list-style-type: none"> Taste your dish and explain what you like or what could be better. Use feedback from others to make your dish better next time. Compare your dish to the recipe and suggest simple changes. Explain how your dish meets the brief or could be improved to fit it better. 			
Mastering (7.9)	1	2	3	Success Criteria	1	2	3	Success Criteria	1	2	3	Success Criteria	1	2	3	Success Criteria
				I can follow hygiene and safety rules with confidence and consistency.				I can identify simple ways to make recipes healthier and explain your choices clearly.				I can follow recipes confidently, using tools and techniques to make good-quality dishes.				I can explain what worked well in your dish and what could be improved.
				I can explain why hygiene rules are important terms.				I can research where basic ingredients come from and why it matters.				I can present food neatly and attractively with attention to detail.				I can use the Eatwell Guide to check if a dish is healthy and fits general dietary needs.
				I can spot basic safety risks in the kitchen and fix them.				I can plan balanced meals that meet general dietary needs, like low sugar or more vegetables.				I can make small changes to recipes to improve taste or efficiency with support.				I can compare my dish to examples and suggest clear ways to make it better.
Mastering (7.7-7.8)	1	2	3	Success Criteria	1	2	3	Success Criteria	1	2	3	Success Criteria	1	2	3	Success Criteria
				I can follow hygiene rules and avoid mixing raw and cooked foods.				I can suggest simple ingredient swaps to make recipes healthier, like using less sugar.				I can use tools and techniques carefully to prepare dishes with some creativity.				I can assess my dish and explain simple ways to make it better.
				I can explain how to store food correctly to keep it safe.				I can explain in basic terms how nutrients like protein or vitamins keep us healthy.				I can practise cutting and decorating dishes neatly with help.				I can describe my dish's taste, texture, and appearance in detail.
				I can clean my workspace during and after cooking to stay organised.				I know where some ingredients come from and how they impact the environment.				I can present dishes neatly and work tidily during cooking.				I can explain how your dish meets health and cost goals in basic terms.

	Technical knowledge				Designing				Making				Evaluating			
	1	2	3	Success Criteria	1	2	3	Success Criteria	1	2	3	Success Criteria	1	2	3	Success Criteria
Secure (7.5-7.6)				I can follow hygiene and safety rules with reminders.				I understand how basic nutrients like protein or vitamins help the body.				I can follow recipes with care, using tools and equipment safely.				I can explain what went well and what could be better about your dish.
				I can understand the importance of washing hands and cleaning tools.				I can suggest small changes to improve the nutritional value of a dish.				I can cook using simple methods like baking or frying with guidance.				I use feedback from others to suggest small changes.
				I can keep raw and cooked foods separate with some help.				I can plan simple meals for common diets like vegetarian or less sugar with help.				I can try to improve how your food looks when presented.				I can compare your dish to the recipe and suggest small improvements.
Developing/Secure (7.3-7.4)	1	2	3	Success Criteria	1	2	3	Success Criteria	1	2	3	Success Criteria	1	2	3	Success Criteria
				I know basic hygiene rules but need reminders to follow them consistently.				I know the main food groups and how they help your body in simple ways.				I can follow simple recipes with reminders.				I can describe what I liked and didn't like about my dish with help.
				I can clean your tools and workspace with guidance.				I can name healthier ingredient options with support.				I can use basic tools like knives or peelers with guidance to improve my confidence.				I can suggest simple changes that could make it better with support.
Developing (7.1-7.2)	1	2	3	Success Criteria	1	2	3	Success Criteria	1	2	3	Success Criteria	1	2	3	Success Criteria
				I know simple hygiene rules, like washing hands, but often forget without reminders.				I recognise food groups but need help to explain their benefits.				I can follow step-by-step instructions to make simple dishes.				I can say one thing I liked and one thing to improve with support.
				I need help to clean your workspace and tools properly.				I can suggest basic ingredient changes with guidance.				I need help to handle tools safely and correctly.				I need help to explain my dish tastes or looks.
			I need guidance to store food safely and avoid contamination.				I need support to plan very simple balanced meals.				I need guidance to cook food properly and present it neatly.				You need guidance to suggest changes for improvement.	

1	Healthy Meal Planning Unit
2	Bread Unit
3	



Recipe Reflection: WWW – What went well and EBI – Identify areas for improvement, what would you do differently next time?

Photo of dishes made in Food Preparation and Nutrition

Date: _____

Dish cooked: _____

WWW: _____

EBI: _____

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Dish cooked: _____

WWW: _____

EBI: _____

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