



Year 8 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 clean tools before and after cooking. Keep raw and cooked foods separate to avoid contamination. Clean your workspace as you cook to stay organised and safe. Explain why hygiene rules are important and what happens if they aren't followed. 				<ul style="list-style-type: none"> Check recipes for their nutritional value and suggest simple improvements. Explain why nutrients like protein, carbs, and vitamins are important. Plan meals for basic dietary needs, like low sugar or vegetarian. Learn where ingredients come from and how they affect the planet. 				<ul style="list-style-type: none"> Practise techniques like chopping, mixing, and baking to improve your skills. Follow recipes carefully, measuring ingredients correctly. Try cooking with different methods like steaming or frying. Work on how to present food neatly and creatively. 				<ul style="list-style-type: none"> Taste your dish and explain what you like or what could be better. Use feedback from others to decide how to improve 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 (8.9)	1	2	3	Success Criteria	1	2	3	Success Criteria	1	2	3	Success Criteria	1	2	3	Success Criteria
				I can apply advanced hygiene and safety rules confidently in practical settings.				I can analyse recipes to identify ways to make them healthier and justify my choices.				I can follow complex recipes independently, using advanced tools and techniques confidently.				I can evaluate dishes critically, explaining what works well and how to improve them.
				I can explain why hygiene rules are important and how they prevent food contamination.				I can research how food production affects the environment and make sustainable ingredient choices.				I can consistently produce high-quality dishes that look and taste professional.				I can use the Eatwell Guide and healthy eating advice to check if a dish is suitable for a dietary group.
				I can independently identify and resolve safety risks while working in the kitchen.				I can plan balanced meals that meet complex dietary needs, like low carb or high protein.				I can adapt recipes to improve flavour or efficiency without compromising quality.				I can compare your dish to professional examples and suggest detailed improvements.
Mastering (8.7-8.8)	1	2	3	Success Criteria	1	2	3	Success Criteria	1	2	3	Success Criteria	1	2	3	Success Criteria
				I can consistently follow hygiene rules and avoid cross-contamination when preparing food.				I can suggest healthier ingredient substitutions and explain why they improve the dish.				I can prepare dishes using advanced techniques like precision cutting or multi-stage processes.				I can assess my dish against the brief and suggest ways to improve it.
				I can explain how to store food correctly to keep it safe and fresh.				I can explain the roles of macronutrients and micronutrients in keeping the body healthy.				I can present dishes attractively, paying attention to neatness and creativity.				I can use sensory analysis to describe the taste, texture, and appearance of your dish.
								I can research the origins of ingredients and consider their environmental impact.				I can use a wide range of tools and equipment with accuracy and control.				I can explain how your dish meets health, cost, and environmental goals.

	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 (8.5-8.6)				I can follow hygiene and safety procedures with a few reminders to stay on track.				I understand how nutrients like protein, fats, and vitamins contribute to health.				I can follow recipes accurately, using tools and equipment safely and correctly.				I can explain what went well and what could be better about your dish.
				I can explain the importance of washing hands and cleaning equipment.				I can make simple ingredient swaps to improve the nutritional value of a dish.				I can cook dishes using different methods, like baking, frying, or steaming.				I can use feedback from others to make simple improvements.
				I can safely store raw and cooked foods separately to avoid contamination.				I can plan balanced meals for common dietary needs, like vegetarian or low sugar.				I can work on improving how I present my dishes to make them look appealing.				I can compare your dish to the recipe and suggest small changes.
Developing/Secure (8.3-8.4)	1	2	3	Success Criteria	1	2	3	Success Criteria	1	2	3	Success Criteria	1	2	3	Success Criteria
				I understand hygiene rules but sometimes need guidance to follow them.				I know basic food groups and can match them to their health benefits.				I can follow simple recipes with some guidance, ensuring food is safe to eat.				I can describe what I liked and didn't like about my dish with some guidance.
				I know how to clean surfaces and tools with support.				I can identify some healthier ingredient options with support.				I can practise basic cooking methods, like boiling or grilling, with support.				I can identify simple changes that could make your dish better.
Developing (8.1-8.2)	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 like washing hands but need reminders to follow them.				I can recognise food groups but need help to link them to health benefits.				I can follow step-by-step instructions to make simple dishes, needing reminders for safety.				I can say one thing I liked and one thing to improve about my dish with help.
				I can clean up after cooking with guidance.				I can suggest basic ingredient changes with guidance.				I can use basic tools like spoons or peelers but need help to handle them correctly.				I need guidance to explain how your dish tastes or looks.
			I need help to store food safely to avoid contamination.				I need support to plan meals that are balanced and healthy.				I need guidance to cook food thoroughly and present it neatly.				I need help to suggest any changes for improvement.	

1	Pastries Unit
2	Bake Off Unit
3	Multicultural Meals Unit



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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