



HSMS Food and Nutrition Progress Ladder (KS3 Year 7&8)



		Hygiene and Safety	Designing and technical knowledge	Making	Evaluation
YEAR 7	YEAR 8				
	8.9 M +	I can identify the difference between the 3 types of food spoilage. I understand the impact of consuming these foods and how to avoid this spoilage by use of appropriate storage. I understand how to conduct myself safely in the kitchen and prevent accidents to myself and others. I can identify a range of food packaging and explain the functions of this packaging to prolonging the shelf life of a food product.	I can use star profiles to test the sensory characteristics of a food and use a range of appropriate vocabulary to do this. I can apply the healthy eating guidelines to evaluate a nutritional food label. I can identify the different nutrients within a specific food and explain the function of at least the macronutrients nutrients in the body. I can describe the key information legally required on a food label and explain the reasons these are included.	I can conduct a simple food experiment with guidance to make sure it is a fair test. I can use a method to test the food and display the results. I understand that food has various properties that cause it to react differently in certain scenarios. I am well organised but may need reminders about the appropriate technique or tool when planning a dish independently. I remember key food hygiene principles without being prompted such as washing hands after touching raw meat.	I can identify which ingredients or methods have contributed to the success of a food product. I can compare similar foods and identify how saving costs have affected the sensory and nutritional profiles of a given food. I can use the Eatwell guide plate and healthy eating guidelines to evaluate the suitability of a dish for a given dietary group. I can evaluate my performance in a food practical and identify areas that I could improve on giving specific changes to ingredients, timing, equipment, organisation and planning.
7.9 M +	8.8 8.7 M	I understand the importance of using a range of methods to test foods for readiness and can check independently. I can demonstrate a good understanding of how to avoid cross contamination and the consequences if it is not carried out.	I can show an excellent knowledge of a range of different utensils and cooking equipment. I am beginning to understand how ingredients react together and can be combined together to create desired outcomes. I understand how to use a range of cooking techniques successfully. I can suggest a wide variety of alternative ingredients (with justification) to adapt dishes for various dietary needs, while applying the principles of nutrition and health.	I can read and follow my recipe/planning independently and carry out the tasks with confidence in my ability. I can make dishes consistently to a high standard, and I'm able to present the food well so it is appealing to all the senses. I can prepare organise myself ready to cook and organise my workspace /equipment independently and safely.	I can evaluate how effectively I followed my recipe and planning, identifying areas for improvement and suggesting alternatives throughout. I can reflect on the comments of others who have sampled my food or dishes, to help develop my own critical point of view when evaluating.



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M	7.8 7.7 8.6 8.5	I have a very good understanding of personal hygiene, food hygiene and safety and can explain the reasons for working in this way. I understand and can explain some of the possible consequences of not following hygiene and safety rules correctly.	I can show a good understanding of different utensils and cooking equipment and explain their uses. I can show a good understanding when to use various cooking processes. I understand lots of the nutritional values of the ingredients I am using. I can explain where the ingredients I am using are produced/harvested and how to be more responsible when sourcing them.	I can read and follow my recipe/planning asking minimal questions when carrying out tasks. I can make and present dishes well, using the correct cooking method. I can control/monitor cooking temperatures/times independently. I can use a range of different utensils and cooking equipment to carry out tasks correctly and confidently.	I can create a detailed evaluation looking at how well I followed my recipe/planning and the result of my outcome. I can include the views of both myself and others when evaluating my work. I am able to suggest how dishes can be developed to improve presentation, taste, health and nutritional content.
	7.6 7.5 8.4 8.3	I understand the need to follow food safety and hygiene and can organise myself and my equipment independently most of the time. I understand that many ingredients need to be stored/handled differently before and after cooking them and the consequences if this is not done.	I can recall some nutritional and health benefits of a variety of ingredients and understand food labelling. I am able to suggest alternative ingredients that are similar to the ones I am using. I understand that people choose to have different diets according to their personal preference, health needs or religion. I understand the source of many of the ingredients being used and how to select ingredients responsibly and cost effectively.	I can use/select most of the ingredients and equipment independently, and when following a recipe may need to ask a few questions about what to do next. I can get good outcomes without burning or spoiling food, and show some understanding of the need for good presentation.	I can consider several senses when evaluating my dish. I can identify and discuss good points and areas for improvement. I can use conjunctions and complex sentences when explaining my thoughts.
	7.4 7.3 8.2 8.1	With guidance/reminders I understand how to organise myself, my ingredients and equipment safely and hygienically.	I have a good understanding of the Eatwell guide plate. I am beginning to relate ingredients to their nutritional or health value and can read food labelling with support.	I am beginning to follow a recipe independently asking questions when I am unsure of methods and equipment being used.	I can give an account of what I have done with some guidance on how to start extending sentences and explaining my thoughts more.



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		I understand that some ingredients and dishes will need to be stored in the fridge. I may need reminders to do this.	I understand the source for many of the ingredients being used in age appropriate recipes.	I am not always sure of timing when cooking dishes or carrying out tasks and may need prompts individually or as a class. I may ask for help to decide if dishes are cooked or when taking dishes out of the oven.	I can identify some good and weak aspects of my work using simple conjunctions. Good presentation and detail can sometimes be lacking.
7.2 7.1 E		I understand that I need to use hot soapy water when washing up and cleaning surfaces but may need reminding how. With support and reminders, I understand how to work in a way that is hygienic, safe and mostly organised. I am able to store my dish/ ingredients appropriately with help from an adult.	I can recall most food groups and where many of the ingredients go on the Eatwell guide plate. I am beginning to use the correct names for most utensils and equipment.	I can work through a recipe step by step with the help of an adult. I can achieve a satisfactory result in practical lessons but have shown no attention to the presentation of my dish.	I can identify something that went well and something that could be improved. I can use simple sentences when evaluating.