



Year 5 Food and Nutrition Progress Ladder

Teacher assessment – What you have done well will be highlighted in green

Teacher Assessment – What you need to improve on will be highlighted in pink

	Hygiene and Safety		Designing and technical knowledge		Making		Evaluation	
	Demonstrate skill in preparing a dish safely.		Understand and apply the principles of a healthy and varied diet. Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.		Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.		Evaluate food outcomes by reflecting on the ability to follow a recipe, including your own feedback.	
Mastery Working above age related expectations	Self-Assessment	Success Criteria	Self-Assessment	Success Criteria	Self-Assessment	Success Criteria	Self-Assessment	Success Criteria
		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 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.
		I understand that some ingredients and dishes will need to be stored in the fridge. I may need reminders to do this.		I am beginning to relate ingredients to their nutritional or health value and can read food labelling with support.		I am not always sure of timing when cooking dishes or carrying out tasks and may need prompts individually or as a class.		I can identify some good and weak aspects of my work using simple conjunctions. Good presentation and detail can sometimes be lacking.
				I understand the source for many of the ingredients being used in age-appropriate recipes.		I may ask for help to decide if dishes are cooked or when taking dishes out of the oven.		
Secure Meeting age related expectations	Self-Assessment	Success Criteria	Self-Assessment	Success Criteria	Self-Assessment	Success Criteria	Self-Assessment	Success Criteria
		I understand that I need to use hot soapy water when washing up and cleaning surfaces but may need reminding how.		I can recall most food groups and where many of the ingredients go on the Eatwell guide plate.		I can work through a recipe step by step with the help of an adult.		I can identify something that went well and something that could be improved.
		With support and reminders, I understand how to work in a way that is hygienic, safe and mostly organised.		I am beginning to use the correct names for most utensils and equipment.		I can achieve a satisfactory result in practical lessons but have shown no attention to the presentation of my dish.		I can use simple sentences when evaluating.
		I am able to store my dish/ ingredients appropriately with help from an adult.						



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High Developing Working towards age related expectations	<table><tr><th>Self-Assessment</th><th>Success Criteria</th></tr><tr><td></td><td>I need reminding to put on an apron, wash hands and tie back long hair.</td></tr><tr><td></td><td>I need support to organise my ingredients and equipment.</td></tr><tr><td></td><td>When tidying I need reminding where to find sponge scourers or tea towels and what needs to be done next.</td></tr></table>	Self-Assessment	Success Criteria		I need reminding to put on an apron, wash hands and tie back long hair.		I need support to organise my ingredients and equipment.		When tidying I need reminding where to find sponge scourers or tea towels and what needs to be done next.	<table><tr><th>Self-Assessment</th><th>Success Criteria</th></tr><tr><td></td><td>I can name some food related to the topic.</td></tr><tr><td></td><td>I can select equipment with some help from an adult and looking at the pictures.</td></tr><tr><td></td><td>I may not be able to recall names of items or ingredients being used.</td></tr></table>	Self-Assessment	Success Criteria		I can name some food related to the topic.		I can select equipment with some help from an adult and looking at the pictures.		I may not be able to recall names of items or ingredients being used.	<table><tr><th>Self-Assessment</th><th>Success Criteria</th></tr><tr><td></td><td>Support and reminders are needed from an adult at every step of cooking.</td></tr><tr><td></td><td>I frequently forget my ingredients so cannot cook.</td></tr></table>	Self-Assessment	Success Criteria		Support and reminders are needed from an adult at every step of cooking.		I frequently forget my ingredients so cannot cook.	<table><tr><th>Self-Assessment</th><th>Success Criteria</th></tr><tr><td></td><td>I can record some simple sentences but capital letters may be missing and some spellings incorrect.</td></tr></table>	Self-Assessment	Success Criteria		I can record some simple sentences but capital letters may be missing and some spellings incorrect.
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Dish cooked: _____

WWW: _____

EBI: _____

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