

	Working towards Y7 Expected standards	Y7 Expected Standards	Y8 Expected Standards	Y9 Expected Standards	Working above Y9 Expected Standards	Working well above Y9 Expected Standards
<b>Diet</b>	<p>I recognise that food and water are essential for life.</p> <p>I am aware that we all 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>.</p> <p>I am aware that being active and looking after yourself are important for health.</p> <p>I know that it is important to eat breakfast every day.</p> <p>I know that some people eat or avoid certain foods for different reasons, e.g. due to allergy/intolerance, religion.</p> <p>I know you should drink plenty and not get thirsty, e.g. drink 6-8 glasses a day.</p>	<p>I can 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>.</p> <p>I am aware of the importance of a healthy and balanced diet.</p> <p>I know that food and drinks provide energy and in different amounts</p> <p>I know that a variety of food is needed in the diet because different foods provide different substances required for our health, namely nutrients (carbohydrate, protein, fat, vitamins and minerals), water and fibre.</p> <p>I am aware that 'food needs' change and that some people eat or avoid certain foods, e.g. allergy/intolerance or religious belief.</p> <p>I know that it is important to drink regularly throughout the day to stay hydrated. I know how much I should be drinking every day.</p>	<p>I can 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>. I can clearly link different foods to the different areas on the <i>Eatwell plate</i>.</p> <p>I am aware of the importance of a healthy and balanced diet.</p> <p>I know that food and drinks provide energy and in different amounts.</p> <p>I know that a variety of food is needed in the diet because different foods provide different substances required for our health, namely nutrients (carbohydrate, protein, fat, vitamins and minerals), water and fibre. I am beginning to know the different functions for each of the nutrients.</p> <p>I am aware that 'food needs' change and that some people eat or avoid certain foods, e.g. allergy/intolerance or religious belief. I have heard of the energy balance and can provide a brief explanation.</p> <p>I know that it is important to drink regularly throughout the day to stay hydrated. I know how much I should be drinking each day. I know the right types of fluids I should be drinking.</p>	<p>I can use current healthy eating advice to choose a varied balanced diet for my needs and those of others.</p> <p>I 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, e.g. infant feeding, teenage years.</p> <p>I can explain the concept of the energy balance, know that it is important and can understand the implications for the individual of positive/ negative energy balance.</p> <p>I know that our bodies contain water and that they need fluid from food and drinks to keep the body working properly.</p>	<p>I can use current healthy eating advice to choose a varied balanced diet for my needs and those of others linking clear nutritional knowledge to that particular age group. E.g. the elderly, toddlers etc.</p> <p>I can give detailed explanation 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, e.g. infant feeding, teenage years.</p> <p>I understand the importance of energy balance and the implications of dietary excess or deficiency, e.g. malnutrition, maintenance of a healthy weight.</p> <p>I know that their bodies contain water and that they need fluid from food and drinks to keep the body working properly. I can explain the term dehydration and its consequences.</p>	<p>I can apply current healthy eating recommendations, and understanding of people's needs, to my own diet and those of all others, e.g. before and during pregnancy, breastfeeding.</p> <p>I 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, e.g. advertising, food availability. I can apply this in my written work.</p> <p>I understand the importance of energy balance and the implications of dietary excess or deficiency, e.g. malnutrition, maintenance of a healthy weight</p> <p>I know why, when and how to make changes to a diet.</p> <p>I understand that my need for water is affected by many factors, especially hot weather and levels of physical activity, and am aware of the consequences of dehydration.</p>
<b>Food Choice</b>	<p>I am able to talk about which foods I like or dislike.</p> <p>I am aware that different settings may affect food and drink choice, e.g. home, school, eating out.</p>	<p>I can consider cost when helping to shop for food and cook at home.</p> <p>I am able to 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..</p> <p>I am aware that it is important to choose an appropriate portion size for my needs.</p>	<p>I can consider cost and begin to make a judgement when helping to shop for food and cook at home.</p> <p>I am able to explore and discuss 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.</p> <p>I am aware that it is important to choose an appropriate portion size for my needs and know the implications of not doing this.</p>	<p>I can compare the cost of food when planning to eat out or cook at home.</p> <p>I understand that people eat or avoid certain foods according to religion, culture, ethical belief, or personal choices.</p> <p>I know that it is important to be aware of portion size when choosing food and drinks.</p>	<p>I can compare the cost of food when planning to eat out or cook at home. I can cost a basic product accurately.</p> <p>I understand the details of why people eat or avoid certain foods according to religion, culture, ethical belief, or personal choices.</p> <p>I know what the suggested portion sizes are of a range of different foods and drinks.</p>	<p>I can apply costing skills to make good food selections for health when eating out or cooking at home</p> <p>I can consider a wider range of factors when making food choices, e.g. seasonality, local food, sustainability.</p> <p>I am able to make informed choices about food and drink in order to achieve a healthy, varied and balanced diet taking into account portion sizes.</p>
<b>Food Labelling</b>	<p>I am aware that some foods have labels which provide information to help when making a choice.</p>	<p>I can read and make use of the main information on food and drink labels.</p>	<p>I can read and explain what the main information on food and drink labels is telling me.</p>	<p>I can use nutrition and allergy information on food labels to help make informed food and drink choices.</p>	<p>I can use nutrition and allergy information on food labels and ingredient lists to help make informed food and drink choices.</p>	<p>I am able to make informed choices based on food labels, ingredients lists, nutrition information and health claims.</p>
<b>Food preparation and handling skills</b>	<p>I can recognise and taste a range of familiar ingredients, e.g. fruit, vegetables, cereals, dairy, meat, eggs, fish, and potatoes.</p> <p>I can name and use a range of basic tools safely, e.g. small knife, chopping board, measuring spoon.</p>	<p>I can name, taste and prepare (with some assistance) a broad range of ingredients and healthy recipes, some of which reflect different cultures.</p> <p>I can select and use appropriate tools and equipment safely when preparing and cooking food.</p> <p>I can demonstrate an increasing range of food preparation skills, e.g.</p>	<p>I can name, taste and prepare (increasingly independently) a broad range of ingredients and healthy recipes, some of which reflect different cultures.</p> <p>I can select and use appropriate tools and equipment safely when preparing and cooking food. I can do this with increasing independence.</p>	<p>I can use a broad range of preparation techniques and methods when cooking, e.g. stir-frying, steaming, and blending.</p> <p>I can use equipment safely, being aware of others' safety.</p> <p>I can modify recipes and cook predominantly savoury dishes that are</p>	<p>I can use a broad range of preparation techniques and methods competently when cooking, e.g. stir-frying, steaming, and blending.</p> <p>I can use equipment safely, being aware of others' safety – I can instruct my peers when needed.</p> <p>I can modify recipes and give some justification for my changes, and cook</p>	<p>I can apply skills and understanding competently and with precision to plan, prepare and safely cook dishes and menus for a healthy, varied and balanced diet giving consideration to the presentation of each dish.</p> <p>I can use equipment safely, being aware of others' safety – I</p>

	<p>I can use a range of food preparation skills with supervision, e.g. peeling, slicing, mixing, scooping, grating, and spreading.</p> <p>I can prepare a range of healthy dishes and drinks safely and hygienically with assistance.</p> <p>I know to avoid wasting food during preparation and cooking and recycle food packaging.</p> <p>I am able to eat sociably with others.</p>	<p>accurate weighing and measuring, kneading.</p> <p>I know how to store, prepare and cook a variety of predominantly savoury dishes safely and hygienically.</p> <p>I can actively minimise food waste, be aware of portion sizes, compost fruit and vegetables and recycle food packaging.</p> <p>I am able to appreciate the value of eating together with family and friends.</p>	<p>I can demonstrate an increasing range of food preparation skills, e.g. accurate weighing and measuring, kneading when compared with year 7.</p> <p>I know how to store, prepare and cook a variety of predominantly savoury dishes safely and hygienically with increasing independence.</p> <p>I can suggest a variety of ways to minimise food waste, and am aware of portion sizes, compost fruit and vegetables and recycle food packaging.</p> <p>I am able to appreciate the value of eating together with family and friends.</p>	<p>based on current healthy eating messages.</p> <p>I understand and use good food safety practices.</p> <p>I know how to safely make use of leftovers.</p>	<p>predominantly savoury dishes that are based on current healthy eating messages.</p> <p>I understand and use good food safety practices.</p> <p>I know how to safely make use of leftovers.</p>	<p>automatically offer help and instruct my peers without any prompt.</p> <p>I am able to change recipes and dishes to make them healthier and more appealing by altering ingredients, and/or by using different cooking methods, e.g. using herbs instead of salt, using low fat yogurt, grilling instead of frying.</p> <p>I can apply good food safety principles when buying, storing, preparing and cooking food.</p>
<b>Food Safety</b>	<p>I can recognise the importance of preparing and cooking food safely and hygienically, e.g. handwashing, cleaning up regularly, keep work surfaces clean.</p> <p>I am able to get ready to cook, e.g. tie back long hair, wash hands, and wear an apron when instructed.</p> <p>I am aware that food purchased or cooked needs to be stored in different ways to keep it safe, e.g. fridge, freezer.</p>	<p>I know that food safety means preventing contamination, spoilage and decay when handling and storing food, so that it is safe to eat.</p> <p>I can demonstrate good food safety practices when getting ready to store, prepare and cook food, e.g. keep raw meat away from other food, thorough handwashing.</p> <p>I can read and have a basic understanding of date-marks and storage instructions on food and drink labels.</p>	<p>I know that food safety means preventing contamination, spoilage and decay when handling and storing food, so that it is safe to eat. I can explain the consequences of not doing this.</p> <p>I can demonstrate good food safety practices when getting ready to store, prepare and cook food, e.g. keep raw meat away from other food, thorough handwashing. I can do this with few reminders.</p> <p>I know and understand the use of date-marks and storage instructions on food and drink labels.</p>	<p>I understand the principles of cleaning, preventing cross-contamination, chilling, cooking food thoroughly and reheating food until it is steaming hot.</p> <p>I am able to plan and carry out food storage, preparation and cooking safely and hygienically with instruction.</p> <p>I understand that some foods have a higher risk of food poisoning than others, e.g. raw chicken.</p>	<p>I give detailed explanation relating to the principles of cleaning, preventing cross-contamination, chilling, cooking food thoroughly and reheating food until it is steaming hot. I can be seen to implement this in my practical work with some reminders.</p> <p>I am able to plan and carry out food storage, preparation and cooking safely and hygienically with some independence.</p> <p>I understand that some foods have a higher risk of food poisoning than others, e.g. raw chicken. I can link some preventative measures.</p>	<p>I can independently implement good food safety when handling, preparing, cooking and serving food, e.g. handwashing, keeping raw and cooked food separate to avoid cross-contamination.</p> <p>I am able to plan and carry out food storage, preparation and cooking safely and hygienically independently.</p> <p>I know about food poisoning, its symptoms and preventative measures.</p>

	Working towards Y7 Expected standards	Y7 Expected Standards *MEETING*	Working above Y7 Expected Standards	Working well above Y7 Expected Standards
<b>Diet</b>	<p>I recognise that food and water are essential for life.</p> <p>I am aware that we all 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>.</p> <p>I am aware that being active and looking after yourself are important for health.</p> <p>I know that it is important to eat breakfast every day.</p> <p>I know that some people eat or avoid certain foods for different reasons, e.g. due to allergy/intolerance, religion.</p> <p>I know you should drink plenty and not get thirsty, e.g. drink 6-8 glasses a day.</p>	<p>I can 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>.</p> <p>I am aware of the importance of a healthy and balanced diet.</p> <p>I know that food and drinks provide energy and in different amounts</p> <p>I know that a variety of food is needed in the diet because different foods provide different substances required for our health, namely nutrients (carbohydrate, protein, fat, vitamins and minerals), water and fibre.</p> <p>I am aware that 'food needs' change and that some people eat or avoid certain foods, e.g. allergy/intolerance or religious belief.</p> <p>I know that it is important to drink regularly throughout the day to stay hydrated. I know how much I should be drinking every day.</p>	<p>I can 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>. I can clearly link different foods to the different areas on the <i>Eatwell plate</i>.</p> <p>I am aware of the importance of a healthy and balanced diet.</p> <p>I know that food and drinks provide energy and in different amounts.</p> <p>I know that a variety of food is needed in the diet because different foods provide different substances required for our health, namely nutrients (carbohydrate, protein, fat, vitamins and minerals), water and fibre. I am beginning to know the different functions for each of the nutrients.</p> <p>I am aware that 'food needs' change and that some people eat or avoid certain foods, e.g. allergy/intolerance or religious belief. I have heard of the energy balance and can provide a brief explanation.</p> <p>I know that it is important to drink regularly throughout the day to stay hydrated. I know how much I should be drinking each day. I know the right types of fluids I should be drinking.</p>	<p>I can use current healthy eating advice to choose a varied balanced diet for my needs and those of others.</p> <p>I 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, e.g. infant feeding, teenage years.</p> <p>I can explain the concept of the energy balance, know that it is important and can understand the implications for the individual of positive/ negative energy balance.</p> <p>I know that our bodies contain water and that they need fluid from food and drinks to keep the body working properly.</p>
<b>Food Choice</b>	<p>I am able to talk about which foods I like or dislike.</p> <p>I am aware that different settings may affect food and drink choice, e.g. home, school, eating out.</p>	<p>I can consider cost when helping to shop for food and cook at home.</p> <p>I am able to 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..</p> <p>I am aware that it is important to choose an appropriate portion size for my needs.</p>	<p>I can consider cost and begin to make a judgement when helping to shop for food and cook at home.</p> <p>I am able to explore and discuss 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.</p> <p>I am aware that it is important to choose an appropriate portion size for my needs and know the implications of not doing this.</p>	<p>I can compare the cost of food when planning to eat out or cook at home.</p> <p>I understand that people eat or avoid certain foods according to religion, culture, ethical belief, or personal choices.</p> <p>I know that it is important to be aware of portion size when choosing food and drinks.</p>
<b>Food Labelling</b>	<p>I am aware that some foods have labels which provide information to help when making a choice.</p>	<p>I can read and make use of the main information on food and drink labels.</p>	<p>I can read and explain what the main information on food and drink labels is telling me.</p>	<p>I can use nutrition and allergy information on food labels to help make informed food and drink choices.</p>
<b>Food preparation and handling skills</b>	<p>I can recognise and taste a range of familiar ingredients, e.g. fruit, vegetables, cereals, dairy, meat, eggs, fish, and potatoes.</p> <p>I can name and use a range of basic tools safely, e.g. small knife, chopping board, measuring spoon.</p> <p>I can use a range of food preparation skills with supervision, e.g. peeling, slicing, mixing, scooping, grating, and spreading.</p> <p>I can prepare a range of healthy dishes and drinks safely and hygienically with assistance.</p> <p>I know to avoid wasting food during preparation and cooking and recycle food packaging.</p> <p>I am able to eat sociably with others.</p>	<p>I can name, taste and prepare (with some assistance) a broad range of ingredients and healthy recipes, some of which reflect different cultures.</p> <p>I can select and use appropriate tools and equipment safely when preparing and cooking food.</p> <p>I can demonstrate an increasing range of food preparation skills, e.g. accurate weighing and measuring, kneading.</p> <p>I know how to store, prepare and cook a variety of predominantly savoury dishes safely and hygienically.</p> <p>I can actively minimise food waste, be aware of portion sizes, compost fruit and vegetables and recycle food packaging.</p> <p>I am able to appreciate the value of eating together with family and friends.</p>	<p>I can name, taste and prepare (increasingly independently) a broad range of ingredients and healthy recipes, some of which reflect different cultures.</p> <p>I can select and use appropriate tools and equipment safely when preparing and cooking food. I can do this with increasing independence.</p> <p>I can demonstrate an increasing range of food preparation skills, e.g. accurate weighing and measuring, kneading when compared with year 7.</p> <p>I know how to store, prepare and cook a variety of predominantly savoury dishes safely and hygienically with increasing independence.</p> <p>I can suggest a variety of ways to minimise food waste, and am aware of portion sizes, compost fruit and vegetables and recycle food packaging.</p> <p>I am able to appreciate the value of eating together with family and friends.</p>	<p>I can use a broad range of preparation techniques and methods when cooking, e.g. stir-frying, steaming, and blending.</p> <p>I can use equipment safely, being aware of others' safety.</p> <p>I can modify recipes and cook predominantly savoury dishes that are based on current healthy eating messages.</p> <p>I understand and use good food safety practices.</p> <p>I know how to safely make use of leftovers.</p>
<b>Food Safety</b>	<p>I can recognise the importance of preparing and cooking food safely and hygienically, e.g. handwashing, cleaning up regularly, keep work surfaces clean.</p>	<p>I know that food safety means preventing contamination, spoilage and decay when handling and storing food, so that it is safe to eat.</p> <p>I can demonstrate good food safety practices when getting ready to store, prepare and cook food, e.g. keep</p>	<p>I know that food safety means preventing contamination, spoilage and decay when handling and storing food, so that it is safe to eat. I can explain the consequences of not doing this.</p> <p>I can demonstrate good food safety practices when getting ready to store, prepare and cook food, e.g. keep raw meat</p>	<p>I understand the principles of cleaning, preventing cross-contamination, chilling, cooking food thoroughly and reheating food until it is steaming hot.</p> <p>I am able to plan and carry out food storage, preparation and cooking safely and hygienically with instruction.</p> <p>I understand that some foods have a higher risk of food poisoning than others, e.g. raw chicken.</p>

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away from other food, thorough handwashing. I can do this with few reminders.  
I know and understand the use of date-marks and storage instructions on food and drink labels.



	Working towards Y8 Expected standards	Y8 Expected Standards *MEETING*	Working above Y8 Expected Standards	Working well above Y8 Expected Standards
<b>Diet</b>	<p>I can 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>.</p> <p>I am aware of the importance of a healthy and balanced diet.</p> <p>I know that food and drinks provide energy and in different amounts</p> <p>I know that a variety of food is needed in the diet because different foods provide different substances required for our health, namely nutrients (carbohydrate, protein, fat, vitamins and minerals), water and fibre.</p> <p>I am aware that ‘food needs’ change and that some people eat or avoid certain foods, e.g. allergy/intolerance or religious belief.</p> <p>I know that it is important to drink regularly throughout the day to stay hydrated. I know how much I should be drinking every day.</p>	<p>I can 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>. I can clearly link different foods to the different areas on the <i>Eatwell plate</i>.</p> <p>I am aware of the importance of a healthy and balanced diet.</p> <p>I know that food and drinks provide energy and in different amounts.</p> <p>I know that a variety of food is needed in the diet because different foods provide different substances required for our health, namely nutrients (carbohydrate, protein, fat, vitamins and minerals), water and fibre. I am beginning to know the different functions for each of the nutrients.</p> <p>I am aware that ‘food needs’ change and that some people eat or avoid certain foods, e.g. allergy/intolerance or religious belief. I have heard of the energy balance and can provide a brief explanation.</p> <p>I know that it is important to drink regularly throughout the day to stay hydrated. I know how much I should be drinking each day. I know the right types of fluids I should be drinking.</p>	<p>I can use current healthy eating advice to choose a varied balanced diet for my needs and those of others.</p> <p>I 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, e.g. infant feeding, teenage years.</p> <p>I can explain the concept of the energy balance, know that it is important and can understand the implications for the individual of positive/ negative energy balance.</p> <p>I know that our bodies contain water and that they need fluid from food and drinks to keep the body working properly.</p>	<p>I can use current healthy eating advice to choose a varied balanced diet for my needs and those of others linking clear nutritional knowledge to that particular age group. E.g. the elderly, toddlers etc.</p> <p>I can give detailed explanation 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, e.g. infant feeding, teenage years.</p> <p>I understand the importance of energy balance and the implications of dietary excess or deficiency, e.g. malnutrition, maintenance of a healthy weight.</p> <p>I know that their bodies contain water and that they need fluid from food and drinks to keep the body working properly. I can explain the term dehydration and its consequences.</p>
<b>Food Choice</b>	<p>I can consider cost when helping to shop for food and cook at home.</p> <p>I am able to 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..</p> <p>I am aware that it is important to choose an appropriate portion size for my needs.</p>	<p>I can consider cost and begin to make a judgement when helping to shop for food and cook at home.</p> <p>I am able to explore and discuss 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.</p> <p>I am aware that it is important to choose an appropriate portion size for my needs and know the implications of not doing this.</p>	<p>I can compare the cost of food when planning to eat out or cook at home.</p> <p>I understand that people eat or avoid certain foods according to religion, culture, ethical belief, or personal choices.</p> <p>I know that it is important to be aware of portion size when choosing food and drinks.</p>	<p>I can compare the cost of food when planning to eat out or cook at home. I can cost a basic product accurately.</p> <p>I understand the details of why people eat or avoid certain foods according to religion, culture, ethical belief, or personal choices.</p> <p>I know what the suggested portion sizes are of a range of different foods and drinks.</p>
<b>Food Labelling</b>	<p>I can read and make use of the main information on food and drink labels.</p>	<p>I can read and explain what the main information on food and drink labels is telling me.</p>	<p>I can use nutrition and allergy information on food labels to help make informed food and drink choices.</p>	<p>I can use nutrition and allergy information on food labels and ingredient lists to help make informed food and drink choices.</p>
<b>Food preparation and handling skills</b>	<p>I can name, taste and prepare (with some assistance) a broad range of ingredients and healthy recipes, some of which reflect different cultures.</p> <p>I can select and use appropriate tools and equipment safely when preparing and cooking food.</p> <p>I can demonstrate an increasing range of food preparation skills, e.g. accurate weighing and measuring, kneading.</p> <p>I know how to store, prepare and cook a variety of predominantly savoury dishes safely and hygienically.</p> <p>I can actively minimise food waste, be aware of portion sizes, compost fruit and vegetables and recycle food packaging.</p> <p>I am able to appreciate the value of eating together with family and friends.</p>	<p>I can name, taste and prepare (increasingly independently) a broad range of ingredients and healthy recipes, some of which reflect different cultures.</p> <p>I can select and use appropriate tools and equipment safely when preparing and cooking food. I can do this with increasing independence.</p> <p>I can demonstrate an increasing range of food preparation skills, e.g. accurate weighing and measuring, kneading when compared with year 7.</p> <p>I know how to store, prepare and cook a variety of predominantly savoury dishes safely and hygienically with increasing independence.</p> <p>I can suggest a variety of ways to minimise food waste, and am aware of portion sizes, compost fruit and vegetables and recycle food packaging.</p> <p>I am able to appreciate the value of eating together with family and friends.</p>	<p>I can use a broad range of preparation techniques and methods when cooking, e.g. stir-frying, steaming, and blending.</p> <p>I can use equipment safely, being aware of others’ safety.</p> <p>I can modify recipes and cook predominantly savoury dishes that are based on current healthy eating messages.</p> <p>I understand and use good food safety practices.</p> <p>I know how to safely make use of leftovers.</p>	<p>I can use a broad range of preparation techniques and methods competently when cooking, e.g. stir-frying, steaming, and blending.</p> <p>I can use equipment safely, being aware of others’ safety – I can instruct my peers when needed.</p> <p>I can modify recipes and give some justification for my changes, and cook predominantly savoury dishes that are based on current healthy eating messages.</p> <p>I understand and use good food safety practices.</p> <p>I know how to safely make use of leftovers.</p>

<b>Food Safety</b>	<p>I know that food safety means preventing contamination, spoilage and decay when handling and storing food, so that it is safe to eat.</p> <p>I can demonstrate good food safety practices when getting ready to store, prepare and cook food, e.g. keep raw meat away from other food, thorough handwashing.</p> <p>I can read and have a basic understanding of date-marks and storage instructions on food and drink labels.</p>	<p>I know that food safety means preventing contamination, spoilage and decay when handling and storing food, so that it is safe to eat. I can explain the consequences of not doing this.</p> <p>I can demonstrate good food safety practices when getting ready to store, prepare and cook food, e.g. keep raw meat away from other food, thorough handwashing. I can do this with few reminders.</p> <p>I know and understand the use of date-marks and storage instructions on food and drink labels.</p>	<p>I understand the principles of cleaning, preventing cross-contamination, chilling, cooking food thoroughly and reheating food until it is steaming hot.</p> <p>I am able to plan and carry out food storage, preparation and cooking safely and hygienically with instruction.</p> <p>I understand that some foods have a higher risk of food poisoning than others, e.g. raw chicken.</p>	<p>I give detailed explanation relating to the principles of cleaning, preventing cross-contamination, chilling, cooking food thoroughly and reheating food until it is steaming hot. I can be seen to implement this in my practical work with some reminders.</p> <p>I am able to plan and carry out food storage, preparation and cooking safely and hygienically with some independence.</p> <p>I understand that some foods have a higher risk of food poisoning than others, e.g. raw chicken. I can link some preventative measures.</p>
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	Working towards Y9 Expected standards	Y9 Expected Standards *MEETING*	Working above Y9 Expected Standards	Working well above Y9 Expected Standards
<b>Diet</b>	<p>I can 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 the <i>Eatwell plate</i>. I can clearly link different foods to the different areas on the <i>Eatwell plate</i>.</p> <p>I am aware of the importance of a healthy and balanced diet.</p> <p>I know that food and drinks provide energy and in different amounts.</p> <p>I know that a variety of food is needed in the diet because different foods provide different substances required for our health, namely nutrients (carbohydrate, protein, fat, vitamins and minerals), water and fibre. I am beginning to know the different functions for each of the nutrients.</p> <p>I am aware that 'food needs' change and that some people eat or avoid certain foods, e.g. allergy/intolerance or religious belief. I have heard of the energy balance and can provide a brief explanation.</p> <p>I know that it is important to drink regularly throughout the day to stay hydrated. I know how much I should be drinking each day. I know the right types of fluids I should be drinking.</p>	<p>I can use current healthy eating advice to choose a varied balanced diet for my needs and those of others. I 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, e.g. infant feeding, teenage years.</p> <p>I can explain the concept of the energy balance, know that it is important and can understand the implications for the individual of positive/ negative energy balance. I know that our bodies contain water and that they need fluid from food and drinks to keep the body working properly.</p>	<p>I can use current healthy eating advice to choose a varied balanced diet for my needs and those of others linking clear nutritional knowledge to that particular age group. E.g. the elderly, toddlers etc.</p> <p>I can give detailed explanation 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, e.g. infant feeding, teenage years.</p> <p>I understand the importance of energy balance and the implications of dietary excess or deficiency, e.g. malnutrition, maintenance of a healthy weight.</p> <p>I know that their bodies contain water and that they need fluid from food and drinks to keep the body working properly. I can explain the term dehydration and its consequences.</p>	<p>I can apply current healthy eating recommendations, and understanding of people's needs, to my own diet and those of all others, e.g. before and during pregnancy, breastfeeding.</p> <p>I 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, e.g. advertising, food availability. I can apply this in my written work.</p> <p>I understand the importance of energy balance and the implications of dietary excess or deficiency, e.g. malnutrition, maintenance of a healthy weight</p> <p>I know why, when and how to make changes to a diet.</p> <p>I understand that my need for water is affected by many factors, especially hot weather and levels of physical activity, and am aware of the consequences of dehydration.</p>
<b>Food Choice</b>	<p>I can consider cost and begin to make a judgement when helping to shop for food and cook at home.</p> <p>I am able to explore and discuss 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.</p> <p>I am aware that it is important to choose an appropriate portion size for my needs and know the implications of not doing this.</p>	<p>I can compare the cost of food when planning to eat out or cook at home.</p> <p>I understand that people eat or avoid certain foods according to religion, culture, ethical belief, or personal choices.</p> <p>I know that it is important to be aware of portion size when choosing food and drinks.</p>	<p>I can compare the cost of food when planning to eat out or cook at home. I can cost a basic product accurately.</p> <p>I understand the details of why people eat or avoid certain foods according to religion, culture, ethical belief, or personal choices.</p> <p>I know what the suggested portion sizes are of a range of different foods and drinks.</p>	<p>I can apply costing skills to make good food selections for health when eating out or cooking at home</p> <p>I can consider a wider range of factors when making food choices, e.g. seasonality, local food, sustainability.</p> <p>I am able to make informed choices about food and drink in order to achieve a healthy, varied and balanced diet taking into account portion sizes.</p>
<b>Food Labelling</b>	<p>I can read and explain what the main information on food and drink labels is telling me.</p>	<p>I can use nutrition and allergy information on food labels to help make informed food and drink choices.</p>	<p>I can use nutrition and allergy information on food labels and ingredient lists to help make informed food and drink choices.</p>	<p>I am able to make informed choices based on food labels, ingredients lists, nutrition information and health claims.</p>
<b>Food preparation and handling skills</b>	<p>I can name, taste and prepare (increasingly independently) a broad range of ingredients and healthy recipes, some of which reflect different cultures.</p> <p>I can select and use appropriate tools and equipment safely when preparing and cooking food. I can do this with increasing independence.</p> <p>I can demonstrate an increasing range of food preparation skills, e.g. accurate weighing and measuring, kneading when compared with year 7.</p> <p>I know how to store, prepare and cook a variety of predominantly savoury dishes</p>	<p>I can use a broad range of preparation techniques and methods when cooking, e.g. stir-frying, steaming, and blending.</p> <p>I can use equipment safely, being aware of others' safety.</p> <p>I can modify recipes and cook predominantly savoury dishes that are based on current healthy eating messages.</p> <p>I understand and use good food safety practices.</p> <p>I know how to safely make use of leftovers.</p>	<p>I can use a broad range of preparation techniques and methods competently when cooking, e.g. stir-frying, steaming, and blending.</p> <p>I can use equipment safely, being aware of others' safety – I can instruct my peers when needed.</p> <p>I can modify recipes and give some justification for my changes, and cook predominantly savoury dishes that are based on current healthy eating messages.</p> <p>I understand and use good food safety practices.</p> <p>I know how to safely make use of leftovers.</p>	<p>I can apply skills and understanding competently and with precision to plan, prepare and safely cook dishes and menus for a healthy, varied and balanced diet giving consideration to the presentation of each dish.</p> <p>I can use equipment safely, being aware of others' safety – I automatically offer help and instruct my peers without any prompt.</p> <p>I am able to change recipes and dishes to make them healthier and more appealing by altering ingredients, and/or by using different cooking methods, e.g. using herbs instead of salt, using low fat yogurt, grilling instead of frying.</p> <p>I can apply good food safety principles when buying, storing, preparing and cooking food.</p>

	<p>safely and hygienically with increasing independence.</p> <p>I can suggest a variety of ways to minimise food waste, and am aware of portion sizes, compost fruit and vegetables and recycle food packaging.</p> <p>I am able to appreciate the value of eating together with family and friends.</p>			
<b>Food Safety</b>	<p>I know that food safety means preventing contamination, spoilage and decay when handling and storing food, so that it is safe to eat. I can explain the consequences of not doing this.</p> <p>I can demonstrate good food safety practices when getting ready to store, prepare and cook food, e.g. keep raw meat away from other food, thorough handwashing. I can do this with few reminders.</p> <p>I know and understand the use of date-marks and storage instructions on food and drink labels.</p>	<p>I understand the principles of cleaning, preventing cross-contamination, chilling, cooking food thoroughly and reheating food until it is steaming hot.</p> <p>I am able to plan and carry out food storage, preparation and cooking safely and hygienically with instruction.</p> <p>I understand that some foods have a higher risk of food poisoning than others, e.g. raw chicken.</p>	<p>I give detailed explanation relating to the principles of cleaning, preventing cross-contamination, chilling, cooking food thoroughly and reheating food until it is steaming hot. I can be seen to implement this in my practical work with some reminders.</p> <p>I am able to plan and carry out food storage, preparation and cooking safely and hygienically with some independence.</p> <p>I understand that some foods have a higher risk of food poisoning than others, e.g. raw chicken. I can link some preventative measures.</p>	<p>I can independently implement good food safety when handling, preparing, cooking and serving food, e.g. handwashing, keeping raw and cooked food separate to avoid cross-contamination.</p> <p>I am able to plan and carry out food storage, preparation and cooking safely and hygienically independently.</p> <p>I know about food poisoning, its symptoms and preventative measures.</p>