

Year 10: Food Preparation and Nutrition

Test target for Year 10 is:

In Y10 students will:

- Demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment
- Develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks
- Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health
- Understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices
- Demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food
- Understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes.

			Working Towards Target	At Expected Target	Above Expected Target	Test grade
UNIT 1 Practical Food Safety	Practical Skills					
	Knowledge					
	Analysis and Evaluation					
Overall unit performance						
FFL:	Meeting behaviour for learning standards	Actively engaged in the learning	Regularly complete HWK to a high standard	Completing CWK to a high standard?	Is a resilient learner 'Doesn't give up easily'	
Achieved:						

		Working Towards Target	At Expected Target	Above Expected Target	Test grade
UNIT 2 Nutrition and Health	Practical Skills				
	Knowledge				
	Analysis and Evaluation				
Overall unit performance					
FFL:	Meeting behaviour for learning standards	Actively engaged in the learning	Regularly complete HWK to a high standard	Completing CWK to a high standard?	Is a resilient learner 'Doesn't give up easily'
Achieved:					

		Working Towards Target	At Expected Target	Above Expected Target	Test grade
UNIT 3 Food Science	Practical Skills				
	Knowledge				
	Analysis and Evaluation				
Overall unit performance					
FFL:	Meeting behaviour for learning standards	Actively engaged in the learning	Regularly complete HWK to a high standard	Completing CWK to a high standard?	Is a resilient learner 'Doesn't give up easily'
Achieved:					

		Working Towards Target	At Expected Target	Above Expected Target	Test grade
UNIT 4 Mock NEA Food Choice And Provenance	Practical Skills				
	Knowledge				
	Analysis and Evaluation				
	Overall unit performance				
FFL:	Meeting behaviour for learning standards	Actively engaged in the learning	Regularly complete HWK to a high standard	Completing CWK to a high standard?	Is a resilient learner 'Doesn't give up easily'
Achieved:					