

## Year 7 Food and Nutrition

During Y7 Lifestyle: Food and Nutrition students will learn how to:

- Use a wide range of techniques and equipment safely, independently and with developing levels of skill.
- Work in a hygienic and safe manner within a food environment.
- Explore and develop recipes for particular requirements.
- Identify and explain aspects of a balanced healthy lifestyle.
- Plan, create and evaluate recipes, identifying adaptations and improvements.

			<b>Working Towards Target</b>	<b>At Expected Target</b>	<b>Above Expected Target</b>
<b>UNIT 1</b> Food and Nutrition Fuel For Life	<b>Making and practical activities</b>				
	<b>Knowledge and understanding</b>				
	<b>Analysis and evaluation</b>				
	<b>Cross Curricular Skill</b>				
<b>Overall unit performance</b>					
<b>FFL:</b>	<b>Meeting behaviour for learning standards</b>	<b>Actively engaged in the learning</b>	<b>Regularly complete HWK to a high standard</b>	<b>Completing CWK to a high standard</b>	<b>Is a resilient learner 'Doesn't give up easily'</b>
<b>Achieved:</b>					