



QUEEN'S PARK HIGH SCHOOL

KS3 Food & Nutrition ARMS

	Meeting	Exceeding
Year 7	Able to use basic ingredients and basic cooking techniques to satisfy a given recipe. Understand how to operate safely and confidently in the classroom	Able to use range of techniques for preparing and cooking food including several advanced techniques.
Year 8	Able to confidently use basic techniques for preparing and cooking food.	Able to confidently use techniques for preparing and cooking food including 1 or 2 advanced techniques.
	Understand the purpose and characteristics of more than 4 different ingredients and aware of why the ingredients are used.	To understand the seasonality, purpose and characteristics of a range of different ingredients by linking them to the nutritional value of the ingredients.
Year 9	Able to cook basic savoury dishes sufficient to feed others a varied and healthy diet.	Show a clear understanding and can apply the principles and of nutrition and health.
	Able to use more than basic techniques for preparing and cooking food.	Able to cook a wide range of nutritious, tasty savoury dishes and adapt them as necessary according to availability of ingredients and dietary requirements.
	Have a basic understanding of Health and Safety and food Hygiene.	Have a good understanding of Health and Safety and food Hygiene.