

Food & Nutrition - KS3 ASSESSMENT DESCRIPTORS

	Discovering 'Learning'	Growing	Emerging	Developing	Secure	Mastered
The selection and use of small kitchen equipment	Has difficulty selecting and using most basic equipment	Can select and use some equipment with a lot of help	Can select and use some equipment with some help	Can select and use most equipment to a satisfactory standard	Can select and use most equipment accurately	Can select and use all basic equipment accurately
The principles of food safety and hygiene when cooking. Safe use of the cooker	Understands some the 4 'Cs' Needs help using the cooker	Can explain the 4 'Cs' and apply them during practical lessons with reminders Can use most parts of the cooker accurately	Can explain the 4 'Cs' and apply them during practical lessons	Can explain the 4 'Cs' in detail and apply them when planning for practical lessons	The 4 'Cs' are used regularly when planning, preparing and cooking	Understands and consistently apply the principles of food safety and hygiene during practical lessons
Practice safe and effective use of knives and other basic sharp equipment e.g. graters, peelers, corers etc.	Understands bridge hold and claw grip processes when preparing vegetables	Can prepare ingredients safely with some help to use claw-grip and bridge-hold	Understands and apply the processes of using knives safely with some help	Understands and apply the processes of using knives safely with very little help	Understands and apply the processes of using knives safely without help	Understands and apply the processes of using knives safely to prepare vegetables evenly
The 'eat well' guide food groups.	Lacks knowledge of the eat well guide	Can name the main sections of the 'eat well' guide	Understands some of the food groups within the 'eat well' guide	Understands the 'eat well' guide food groups	Can apply knowledge of the 'eat well' guide when planning their own diet	Can apply knowledge of the 'eat well' guide and plan balanced meals for themselves and others.
The main nutrients Functions and Sources of nutrients	Cannot name all the main nutrients	Can name the main nutrients	Can name the main nutrients and some of their primary functions	Can name the main nutrients and their functions	Names the main nutrients and some of the functions and some of the sources	Knows functions and sources of all the main nutrients
Health and safety practices in the kitchen.	Can wash hands correctly before cooking. Needs help with other health and safety procedures	Can work safely in the kitchen, and able to follow some hygiene rules without reminders	Can work safely in the kitchen, and able to follow most hygiene rules without reminders	Can work safely in the kitchen, and able to follow hygiene rules without reminders	Can work safely in the kitchen, and able to follow all hygiene rules without reminders and aware of others in the room	Explain and apply all the appropriate health and safety rules in the kitchen and take consideration of themselves and others in the room
Food preparation and handling skills using mixers blender, food processors, electric whisk etc.	Lacked skills to use most electrical equipment safely and accurately	Can use some electrical equipment with help	Is able to use some electrical equipment with very little help	Use some electrical equipment without help	Can use most electrical equipment safely without help	Can use electrical equipment with ease safely
Weigh and measure solid and liquid ingredients	Lacked skills to weigh and measure accurately	Can weigh and measure with help	Can weigh and measure with very little help	Can weigh most solid ingredients	Can weigh and measure most solid and liquid ingredients	Weigh and measure solid and liquid ingredients accurately

Food preparation and cooking of various savoury and sweet dishes using a recipe	Lack skills in preparing and cooking using a recipe	Is acquiring skills to prepare and cook savoury and sweet dishes but needs help to follow recipes	Food preparation and cooking skills is basic and is beginning to follow recipes without help	Food preparation and cooking skills are adequate to prepare and cook basic dishes using a recipe	Can cook basic savoury and sweet dishes and is able to follow most recipes	Has developed skills and understanding to prepare and cook a variety of savoury and sweet dishes to a good standard
The importance of water and fibre as part of healthy living	Lacks understanding of the importance of water and fibre.	Understands that water is important for life	Understands that water is needed for the proper functioning of all organs of the body	Understands the importance of water and fibre as part of healthy living	Understands the importance of water and fibre as part of healthy living	Understands the importance of water and fibre as part of healthy living
Evaluate own cooking skills and practice to improve when necessary	Lacked basic evaluation skills	Can complete basic evaluation of tasks	Can complete evaluation of work	Can complete evaluation of work	Can evaluate own work and make suitable changes for improvement	Can evaluate own and peers work and suggest suitable YSC
Making improvements to own current diet using the assessment of the 'Eat well' guide	Lacks skills to assess own diet and make improvements	Can assess own diet and makes basic suggestion for improvement	Can assess own diet and makes basic suggestion for improvement	Able to make some improvements to their current diet using their assessment of the 'Eat well' guide	Able to make improvements to their current diet using their assessment of the 'Eat well' guide	Able to make improvements to their current diet using their assessment of the 'Eat well' guide
Research, plan and complete extended writing projects on various topics	Lacks research and planning skills	Can do basic research, but needs help to extract, collate, plan and use research information	Can complete basic research and planning for written projects	Can complete suitable research and planning for written projects	Can complete in-depth research to plan and complete extended writing projects	And collect vital research information of various topics, can collate, plan and use them effectively to complete projects
Sustainability and environmental impact of food production Food miles and fair trade Where food comes from Food security Food shopping Food storage	Lacks basic knowledge of environmental aspects of food production, sources and security	Understand how products can affect the environment	- understands the importance of food labelling - to be able to identify the UK food labelling laws	Understand how mass food production can affect the environment. Understands that enough food needs to be produced to feed the words population	Understand how transporting food over long distances can affect the environment - be able to explain the benefits of choosing fair trade products	Understands food sustainability, food miles, fair trade, food security and the environmental impact. Is able to choose sustainable, food. Understands where most food comes from
Practical work plan and food orders	Cannot plan for practical lessons	Can do basic panning from a recipe	Can complete plan of making for practical lessons	Can complete plan with hygiene and safety for practical lessons	Understand the importance of food orders and work plans when cooking	Can complete, plan for making and food order for practical lessons that includes safety, hygiene and quality control