



Food preparation & Nutrition	Working towards expected outcomes	Working at expected outcomes	Working beyond expected outcomes
<p>Year 7 Food & Nutrition</p>	<p>Your child is not yet making the expected progress within this course.</p> <p>Students in this category are beginning to build the practical and theoretical knowledge needed to meet expectations in food preparation and nutrition.</p> <ul style="list-style-type: none"> • With support, students can follow food safety and health & safety guidelines, to safely produce a range of products. • Presentation is developing, with growing awareness of colour, finishing techniques and increasing consistency in cooking across different tasks. • Attempts are made to activate yeast and produce basic bread doughs, though hydration levels and techniques such as kneading, proving, and fermentation. • Students are beginning to show an awareness of the Eatwell Guide and healthy eating principles. Students are beginning to apply this in practical tasks such as the breakfast muffin. • Basic knife skills are emerging, with developing awareness of techniques like brunoise. Bridge and claw methods are used with reminders and growing control. (Deli salad) • Students are beginning to use food science terminology, such as enzymic browning or gluten formation. • Organisation is improving, though there may be occasional issues with preparation or readiness for lessons. Use of demonstration notes is developing. • Students are starting to follow instructions 	<p>Your child is achieving the expected progress for this point within the course.</p> <p>Students in this category are making steady progress and meeting expectations in practical and theoretical work.</p> <ul style="list-style-type: none"> • Able to safely produce a range of products following food safety and health & safety rules • Dishes show good presentation and are cooked with reasonable accuracy. They demonstrate thoughtful use of colour and a neat finish in presentation. • Works within time restraints to activate yeast accurately and produce a basic bread dough which has the correct hydration levels. Shows understanding of kneading, proving and fermentation. (Bread rolls). • Shows an understanding of the Eatwell Guide and the healthy eating guidelines to produce a balanced breakfast muffin. • Advanced knife skills, for example brunoise are developing well, with growing confidence in using safe techniques, including the bridge and claw methods. (Deli salad) • Able to apply knowledge of food science terminology to their products. For example, enzymic browning, maillard reaction and gluten formation. • Organisation and preparation for lessons are good, with appropriate use of class demonstrations and guidance. 	<p>Your child is exceeding the expected progress.</p> <p>Students in this category demonstrate a high level of competence and independence in both practical and theoretical elements of food preparation and nutrition.</p> <ul style="list-style-type: none"> • Students consistently produce a wide range of dishes safely and confidently, showing excellent awareness of food safety and health & safety protocols throughout. • Dishes are presented to a very high standard, with thoughtful and creative use of colour, detail, and consistently neat finishes. • Students work confidently within time restraints to activate yeast and produce bread dough with ideal hydration. Their understanding of kneading, proving, and fermentation is thorough and clearly demonstrated in the quality of their outcomes. (Bread rolls) • Students show secure knowledge of the Eatwell Guide and healthy eating guidelines, applying them confidently to create balanced and well-justified dishes, such as their breakfast muffin. • Advanced knife skills, including accurate brunoise cuts, are performed with precision and confidence. Techniques such as the bridge and claw methods are second nature and carried out safely and fluently. (Deli salad) • Students confidently and accurately apply a wide range of food science terminology to their practical work, clearly explaining processes such as enzymic browning, the Maillard reaction, and gluten formation. • Students are highly organised and consistently well prepared for lessons. They make excellent use of demonstration notes and feedback to enhance their outcomes. • Students follow instructions precisely and often take



with increasing success and are applying learning with support and encouragement.

- Students follow instructions well and are applying learning with increasing independence.

initiative, demonstrating the ability to apply learning independently and at a high level.

