

YEAR 9 By the end of the course students will be required to:	Basic	Developing	Good	Advanced	Exceptional
Score	1-2	3-4	5-6	7-8	9-10
Understand and apply the principles of nutrition and health to cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet.					
Become competent in a range of cooking techniques, for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes.					
Understand the source, seasonality and characteristics of a broad range of ingredients.					
How to modify recipes and cook a range of dishes that promote current healthy eating messages.					
How to use good food hygiene and safety practices when getting ready to store, prepare and cook food for safe consumption.					
How to use a broader range of preparation techniques and practical skills when cooking.					
How to adapt and use their own recipes to meet a range of dietary needs and life stages.					
How to use awareness of taste, texture and smell to decide how to season dishes and combine ingredients.					
The principles of food safety, preventing cross-contamination, chilling, cooking food thoroughly and reheating food until it is piping hot.					
How to cook a range of high quality dishes with a good level of finish and presentation, containing a variety of different colours, flavours and textures.					