



Food Technology Assessment Ladder

Y7

Attainment Band:	Knowledge and Understanding	Skills
Yellow Plus	<ul style="list-style-type: none"> • Can time, estimate and test for correct cooking. • Can justify, apply and name five safety rules in a kitchen. • Can name 5 vitamins and the food sources. • Can predict and prevent enzymic browning in a range of fruit and vegetables. • Able to compare healthy meals 	<ul style="list-style-type: none"> • Estimate and use a variety of measurements accurately. • Select and justify correct equipment for a task. • Use advanced knife skills and apply safe practices. • To evaluate and use five cooking methods.
Yellow	<ul style="list-style-type: none"> • Can time and test for correct cooking periods. • Can apply and name five safety rules in a kitchen. • Can name 3 vitamins and the food sources. • Can use and describe 1 way to prevent enzymic browning. • Able to categorise a healthy meal 	<ul style="list-style-type: none"> • Use a variety of measures accurately with independence. • Select and plan correct equipment to use for a task. • Identify and use safe knife practices. • To use five cooking methods and make comparisons.
Blue	<ul style="list-style-type: none"> • Can time cooking periods independently. • Can list and demonstrate five safety rules in a kitchen. • Can list 5 vitamins. • Can describe one way to prevent enzymic browning. • Can classify a healthy meal 	<ul style="list-style-type: none"> • To weigh foods independently using scales • To select the correct equipment for as task. • Use and apply knife grips and safety procedures. • To use and describe four cooking methods
Green	<ul style="list-style-type: none"> • Can time cooking periods with the aid of a device. • Can list three safety rules to follow in a kitchen. • Can list 3 vitamins. • Can explain the term enzymic browning. • Can explain why a meal is healthy 	<ul style="list-style-type: none"> • Weigh foods using scales with minimal support. • Select and use correct equipment with minimal support. • Use knife grips and follow safety procedures. • To use three different cooking methods.
White	<ul style="list-style-type: none"> • Can time cooking periods with support. • Can list three safety rules to follow in a kitchen. • Can name vitamins with prompts. • Recognises the term enzymic browning. • Can describe a healthy meal 	<ul style="list-style-type: none"> • Weigh ingredients with support. • Select correct equipment for a task with support. • With support use correct knife grips and follow safety procedures. • To use two different cooking methods.