



Attainment Band:	Knowledge and Understanding	Skills
Yellow Plus	<ul style="list-style-type: none"> Can time, estimate and test for correct cooking using different methods. Can appraise and classify different H&C settings. Can plan, design, and evaluate a dish for a specific brief. Can explain and discuss the difference between seasonings used in cooking from different countries. 	<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. Can plan own dish and employ mis en place.
Yellow	<ul style="list-style-type: none"> Can test for correct cooking temperatures using different methods. Can explain a variety of H&C settings Can plan and design a dish for a specific brief. Can identify the difference between a food preference and a food intolerance. Can explain seasonings used in cooking from different countries. 	<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. Can plan own dish and work from a plan.
Blue	<ul style="list-style-type: none"> Can test for correct cooking independently. Can list five different H&C settings Can design a dish to meet a brief. Can list three foods from different cultures. 	<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. Can follow a plan to cook a dish.
Green	<ul style="list-style-type: none"> Can test for correct cooking with support Can list three different H&C settings Can list 3 toppings for a burger. Can name dish from a different culture 	<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. Can follow a simplified plan to cook a dish.
White	<ul style="list-style-type: none"> Has observed the use of a food probe. Can name their favourite restaurant Can list a topping for a burger Recognises people eat different foods. 	<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. To follow a recipe with support.