



## Food Technology Assessment Ladder

Y7

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