



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 reasons to adapt dishes for different needs. • Can plan, adapt and evaluate a dish for a dietary need. • Can explain and discuss the difference between a food preference and a food intolerance. 	<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 employ effective cooker management techniques with own planning.
Yellow	<ul style="list-style-type: none"> • Can time and test for correct cooking periods. • Can explain and name five different dietary needs • Can adapt and evaluate a dish to suit a dietary need. • Can identify the difference between a food preference and a food intolerance. 	<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 employ effective cooker management techniques with a recipe.
Blue	<ul style="list-style-type: none"> • Can time cooking periods independently. • Can list five dietary needs • Can adapt a dish to suit a dietary need. • Can explain the terms food preference and food intolerance. 	<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 carry out cooker management techniques with some success.
Green	<ul style="list-style-type: none"> • Can time cooking periods with the aid of a device. • Can list three dietary needs • Can name how a dish could be adapted for a dietary need. • Can name a food preference 	<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 use cooker management with support.
White	<ul style="list-style-type: none"> • Can time cooking periods with support. • Can name one dietary need • Can name one way to adapt a dish to suit a dietary need • Recognises the term food preferencing. 	<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. • Has observed cooker management.