



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