

**Hexham Middle School
Progression of Age-Related Expectations**

Food Technology	Year 5	Year 6	Year 7	Year 8
<p>Cooking Skills</p>	<p>Use the Bridge and claw hold to cut fruit and vegetables.</p> <p>I can prepare and cook simple dishes. E.g. assembling, combining, mixing, rubbing in method, cutting out, use of grill and oven.</p> <p>I can use the correct equipment and method for washing up.</p>	<p>I can name the parts of the cooker and explain how to use it safely.</p> <p>I can prepare and cook ingredients safely and hygienically. E.g. handling pastry, rolling out, adding liquid, shaping, the creaming method.</p> <p>I can follow a simple recipe.</p> <p>I can describe my product using key vocabulary.</p>	<p>I can cook a wider range of dishes using more complex techniques e.g. using yeast, kneading, blending, whisking method, pastry.</p> <p>I use equipment safely being aware of others safety.</p> <p>I can follow a recipe.</p> <p>I can adapt and use my own recipe based on current healthy eating guidelines.</p>	<p>I can name taste and prepare a broad range of ingredients.</p> <p>I can use a wider range of food preparation skills e.g. using the hob, handling raw meat, microwave, kettle, frying, boiling and simmering.</p> <p>I can weigh and measure a range of ingredients accurately.</p> <p>I can explain how food should be stored and how to avoid cross contamination.</p> <p>I can explain the symptoms and causes of food poisoning and how to prevent its occurrence.</p> <p>I can explain why my product has been successful using key vocabulary.</p>
<p>Nutrition and Health</p>	<p>I can identify the sections of the eat well plate and list examples of foods for each section.</p> <p>I know that energy provided by food and drink is measured in Kilojoules/ kilocalories.</p> <p>I know that different amounts of food provide different amounts of energy.</p> <p>I can explain the importance of energy balance.</p> <p>I can explain why we need to eat 5 a day.</p>	<p>I can name the nutrients and explain why we need each one.</p> <p>I can explain why a healthy diet includes fibre and water.</p> <p>I know that food needs change and that some people eat or avoid certain foods, e.g. allergy/intolerance or religious belief.</p> <p>I am aware of the importance of being physically active for health and wellbeing.</p>	<p>I can give examples of sources and functions and deficiency of each nutrient.</p> <p>I can explain the importance of energy balance and the implications of dietary excess or deficiency, e.g. malnutrition, maintenance of a healthy weight.</p> <p>I can name nutrients and functions. Identify factors influencing food choice.</p>	<p>I can apply the principles of nutrition and health to adapt and make nutritious products.</p> <p>I know that food and drinks provide energy and nutrients in different amounts; that they have important functions in the body; and that people require different amounts during their life, e.g. infant feeding, teenage years.</p> <p>I can explain nutritional the content of dishes.</p>

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<p>Source, seasonality and function of a range of ingredients</p>	<p>I can name foods that are grown, reared and caught.</p> <p>I can name foods that are produced in the UK and abroad.</p> <p>I explain seasonality and name foods that are available each season.</p>	<p>I can understand how a variety of ingredients are produced.</p> <p>I can identify a wide range of ingredients and state where they come from and how they can be used.</p>	<p>I know the basic steps in producing food.</p> <p>I am aware that advertising can influence what we eat.</p> <p>I can read and use labelling information on food and drinks.</p>	<p>I can describe the factors involved in food and drink choice and how this may be influenced by availability, season, need, cost, minimal packaging, where the food is produced, culture, religion, allergy/intolerance and peer-pressure.</p> <p>I know that food is produced, processed and sold in different ways, e.g. conventional and organic farming, fair trade.</p>
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