

Hexham Middle School
Progression of Age-Related Expectations

Food Technology	Year 5	Year 6	Year 7	Year 8
Cooking Skills	<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 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 eg 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>
Nutrition and Health	<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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Source, seasonality and function of a range of ingredients	<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>
Demonstrating Greater Depth in Food Technology	<p>I can confidently use the Bridge and Claw hold to cut fruit and vegetables.</p> <p>I can prepare and cook simple dishes and adapt them with different ingredients to change/enhance the flavour.</p> <p>I am confident using a variety of cookery skills and use the correct terminology to identify them.</p> <p>I can use the correct equipment and method for washing up confidently.</p> <p>I can work safely and hygienically in the kitchen.</p> <p>I can explain seasonality and name foods that are available each season.</p> <p>I can explain what the eatwell guide is and why it is important. I can list a variety of foods in each food group and explain why the body needs each nutrient.</p>	<p>I can name the main nutrients and explain why we need each one and can explain why a healthy diet includes fibre and water.</p> <p>I can name the parts of the cooker and explain how to use safely.</p> <p>I can prepare and cook ingredients safely and hygienically using a variety of skills. E.g. handling pastry, rolling out, adding liquid, shaping, rubbing in, dividing mixtures.</p> <p>I can follow a simple recipe.</p> <p>I can describe my product using key vocabulary.</p> <p>I know the basic steps in producing food.</p>	<p>I can cook a wider range of dishes using more complex techniques e.g. melting, simmering, kneading, blending, whisking method, making pastry.</p> <p>I use equipment safely being aware of others safety.</p> <p>I can follow a recipe independently and work confidently and mostly independently in practical lessons.</p> <p>I can adapt and use my own recipe based on current healthy eating guidelines.</p> <p>I understand what food poisoning is and cross contamination.</p> <p>I know how to prevent cross contamination using the 4 C's.</p> <p>I know what the danger zone is and how to store refrigerated food safely.</p> <p>I can explain how food is produced. Grown, caught and reared.</p>	<p>I can name taste and prepare a broad range of ingredients and cook a wider range of dishes using more complex techniques e.g. melting, simmering, kneading, blending, whisking, making pastry, frying.</p> <p>I can work independently in practical lessons.</p> <p>I can use a wider range of food preparation skills eg 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. I can also identify different food poisoning bacteria.</p> <p>I can explain why my product has been successful using key vocabulary.</p>

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				<p>I can apply the principles of nutrition and health to adapt and make nutritious products.</p> <p>I understand the difference between a micro and a macro nutrient and can give examples of each.</p>
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