

## Food Technology KS3 Assessment Framework

	Beginning Grade 1	Working Towards Grade 2-3	Expected Grade 4-5	Exceeding Grade 6-7	Excelling Grade 8-9
<b>Food Technology</b>	<p>I can:</p> <ul style="list-style-type: none"> <li>Identify all the items in my cupboard</li> <li>Wash up and put away</li> <li>Read a recipe</li> <li>Name the 5 senses</li> <li>Be open to taste experiences</li> <li>Turn on and use the Oven and hob</li> <li>Name the four seasons</li> <li>Name a range of high sugar foods</li> <li>Be open to tasting spices and herbs</li> <li>Hold a knife correctly</li> <li>Reflect on past taste experiences</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Finish on time</li> <li>clean up after myself</li> <li>Ask sensible questions</li> <li>Describe how taste is affected by the senses</li> <li>Understand the foraging rules</li> <li>Safely make a hot drink</li> <li>Name a range of seasonal vegetables and their uses</li> <li>Recognise healthier snacks</li> <li>Know the difference between spices and herbs</li> <li>Know and use the claw and bridge hold</li> <li>Understand how time and place affect taste</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Work hygienically</li> <li>Clean as I go</li> <li>Complete the task with some help</li> <li>Complete a taste test and record the results</li> <li>Know and Follow the foraging rules</li> <li>Bake a sweet dessert</li> <li>Choose seasonal ingredients and cook a dish with them</li> <li>Understand and describe the biological effects on the body of a high sugar diet</li> <li>Use herbs and spices to make a dish</li> <li>Chop an onion</li> <li>Pair dishes with time and place in mind</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Help others when asked to</li> <li>Work as part of a team</li> <li>Work independantly</li> <li>Draw a sensory star chart</li> <li>Safely recognise 3 edible plants</li> <li>Bake a sweet dessert, know and check for doneness, decorate it.</li> <li>Cook a range of dishes that reflect the seasons</li> <li>Understand energy requirements and calculate a balanced meal choice</li> <li>Adapt a recipe using herbs and or spices to create a new dish</li> <li>Cut and chop a range of vegetables</li> <li>Cook a dish tied to time and place</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Notice and help out others</li> <li>Demonstrate leadership</li> <li>Improve and adapt recipes</li> <li>Understand and describe the science of taste</li> <li>Safely recognise 5 edible plants and know when they are at their best</li> <li>Bake a sweet dessert to a high standard</li> <li>Adapt and cook a range of recipes by substituting seasonal ingredients.</li> <li>Create and Cook healthy and tasty alternatives to sugary snacks</li> <li>Know which herbs and spices pair well with which foods</li> <li>Cut and chop a range of vegetables accurately</li> <li>Select and cook a range of dishes tied to time and place</li> </ul>