

## FOOD PREPARATION & NUTRITION YEAR 7

Learning objective		What the Eatwell plate is, how it is divided into food groups and what the food groups look like. What proportion of each food group is needed for a balanced diet. What types of nutrients exist and the effects they have on health.	What health and safety checks need when preparing and making a food product.  How to form a production plan with quality control checks.	To be able to follow a production plan and organize your work station to make a variety of different food products.
Learning outcome		Students are aware of the Eatwell plate and can name groups within it. Students are able to place the food groups in the right areas and know the correct proportion of each food group. Students can identify different nutrients and explain the benefits they have on health.	Students can name a number of health and safety checks that need to be completed before, during and after creating a food product.  Students are able to form a production plan including key stages of making and key quality control checks when making.	Students will be able to follow a production plan accurately and work independently to produce a number of food products.
Descriptors	Exceptional	<b>Exceptional</b> I understand the Eatwell guide has five main food groups on which to base your healthy eating choices and I can name all the food group titles. I can place all items into the correct food groups and list nutrients that these foods provide. I know the size of the segment represents how much to eat. I can list all the nutrients from the food groups and explain what health benefits these provide.	<b>Exceptional</b> I can produce a plan of make with detailed processes in the correct order and detailed safety and hygiene checks. I can also add quality control checks to most of my processes.	<b>Exceptional</b> I can produce a range of Excellent quality products (all A grade) using a range of skills and quality control checks. I can work independently and follow my recipe booklet. I use the information I remember from my demonstration.
	Good	<b>Good</b> I understand the Eatwell guide has five main food groups. I know the size of the segment corresponds with the quantity and amount of that food group you should be eating. I can place at least 4 items into the correct food groups and list nutrients that these foods provide. I can name most of the food groups.	<b>Good</b> I can produce a plan of make with detailed processes in the correct order and some safety and hygiene checks	<b>Good</b> I can produce a range of good quality products (A-) using a range of skills. I can work independently and following my recipe booklet. I use most the information I remember from my demonstration.
	Developing	<b>Developing</b> I understand the Eatwell guide has five main food groups. I can see that the size of the segment corresponds with the quantity and amount of that food group you should be eating. I can place at least 3 items of food into the correct food group. I can name some of the food groups.	<b>Developing</b> I can produce a plan of make with most processes complete and in the correct order with one or two checks.	<b>Developing</b> I can produce a range of satisfactory products (B+/B-) using some skill. I sometimes need to ask for help or guidance. I don't always refer to my instructions.
	Foundation	<b>Foundation</b> I understand the Eatwell guide has five main food groups. The size of the segment corresponds with the quantity and amount of that food group you should be eating. I can name some groups.	<b>Foundation</b> I can produce a plan of make with some processes.	<b>Foundation</b> I can produce a finished product in the time given. I often ask for help and don't read my recipe.