

Percentage	I can ...	Prove it!
	<p><b>I can evaluate, consider and justify.</b></p>	<p>1) Select 2 cuisines. Compare and evaluate the 2 cuisines.</p> <ol style="list-style-type: none"> <li>Include traditional features for both cuisines</li> <li>Outline all the advantages and disadvantages of both.</li> <li>Select your preferred cuisine and justify your selection.</li> </ol> <p>2) Design a 3 course meal in a cuisine of your choice. Justify your selections. Consider ways to make the dishes complete and have sensory appeal.</p> <p>3) Evaluate the diet laws of 3 different religious, cultural, moral and ethical beliefs. Outline the diet laws and evaluate each one. Choose your preferred diet and justify your selection.</p> <p>4) Select and evaluate the effectiveness of the packaging of 1 food product to its target group.</p>
	<p><b>I can create or change.</b></p>	<p>1) Select a cuisine from a region in the world. Make a table and include specific information about the cuisine. Choose 2 typical examples of traditional recipes from the cuisine. [If possible, cook the dish(es) at home, photograph them and stick them in your book].</p> <p>2) From the following dishes, adapt the recipes to make them either healthier, have more sensory appeal, more original or creative, or more complete as a balanced, gastronomic meal. Use p.238 of the textbook or Google if you're not sure what the dishes are.</p> <ul style="list-style-type: none"> <li>- Cullen Skink</li> <li>- Lasagne</li> <li>- Lamb Tagine</li> <li>- Colcannon</li> <li>- Cawl</li> </ul>



Percentage	I can ...	Prove it!
	<p><b>I can analyse and examine.</b></p> <ul style="list-style-type: none"> <li><i>I believe.....because..... This means that..... As a result.....</i></li> <li><i>One reason why is..... This means that..... As a result.....</i></li> <li><i>One way is.....because..... This means that..... As a result.....</i></li> </ul>	<p>Examine the below set of chocolate bars and analyse the effect of the features of the food packaging on influencing their target group.</p> 
	<p><b>I can suggest and apply</b></p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> <li><i>Fried Chicken with Chips is an unhealthy meal. There are many ways you can prepare this food more healthily. Firstly...For example...Specifically... Secondly...For example...Specifically...</i></li> </ul>	<ol style="list-style-type: none"> <li>A supermarket chain has asked you to develop a new food product. Suggest the different ways in which you could test the product on consumers.             <ol style="list-style-type: none"> <li>Describe how you would set up a testing panel to test the qualities of the dish.</li> <li>Explain how you would ensure fair testing when carrying out sensory tests on the food.</li> </ol> </li> <li>Explain how the senses help us to enjoy our food.</li> <li>Describe 3 ways of ensuring that the flavour of foods is retained during cooking.</li> <li>Explain why the food eaten in modern Britain is considered to be multicultural, giving examples in your answer.</li> <li>There is an environmental impact of making recipes that include ingredients imported from different countries. Explain how and suggest ways to minimise the impact to the environment.</li> </ol>



Percentage	I can ...	Prove it!
 <p>36%</p>	<p>I can comment, discuss, summarise, compare, contrast, explain, illustrate and outline</p> <p><i>Explain how...</i></p> <p><i>Compare 2...</i></p> <p><i>Outline the difference...</i></p> <p><i>Comment on...</i></p>	<ol style="list-style-type: none"> <li>1) Explain the difference between a food allergy and food intolerance.</li> <li>2) Select 5 legal requirements for food labelling and explain why they are legally required.</li> <li>3) Describe how label designers use features to influence their target market in the below product.</li> </ol>  <ol style="list-style-type: none"> <li>4) Explain why certain nutrients must be outlined on food packaging.</li> </ol>
 <p>24%</p>	<p>I can define, describe, identify and state</p> <p><i>The definition of.....is.....</i></p> <p><i>Two ways that.....</i></p>	<ol style="list-style-type: none"> <li>1) State 2 dietary laws for the following religions: Buddhism, Christianity, Hinduism, Islam, Judaism, Rastafarianism and Sikhism</li> <li>2) State 10 factors that influence food choice.</li> <li>3) Define the key words for the topic.</li> <li>4) Define coeliac disease and lactose intolerance.</li> <li>5) Identify 10 food allergens.</li> <li>6) List the 12 legal requirements for food packaging.</li> <li>7) List 4 ways in which manufacturers influence their customers to buy their product through their food packaging.</li> <li>8) List the nutrients that must be displayed on food packaging.</li> </ol>

**Key Words:**

- Food intolerance
- Food allergy
- Target group
- Nutritional profile
- Marketing
- Cuisine
- Senses
- Appetising
- Taste buds
- Olfactory receptors
- Sensory analysis
- Sensory descriptors

