

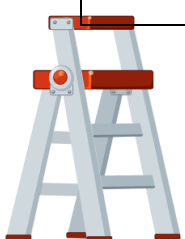

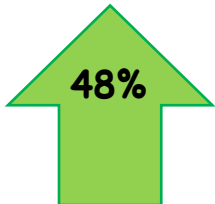
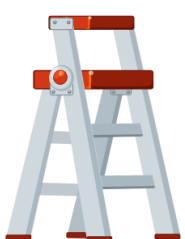




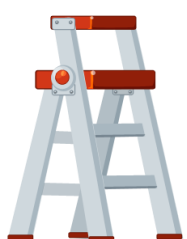
Percentage	I can ...	Prove it!
	<p>I can evaluate, consider and justify.</p> <ul style="list-style-type: none"> <li>• <i>Arguments that support the statement. Why is it correct?</i></li> <li>• <i>Arguments against the statement? Why is it incorrect?</i></li> <li>• <i>Suggest a minimum of two for each.</i></li> <li>• <i>Overall do you agree or disagree with the statement and why? Use evidence to back up your points.</i></li> </ul>	<ol style="list-style-type: none"> <li>1) Compare and evaluate 3 cooking methods. Consider which is better and justify your opinion.</li> <li>2) Evaluate the suitability of 2 soups for someone suffering with Coronary Heart Disease. 1 soup is Potato, Leek, Bacon and Cream Soup; the other is Pea, Leek and Potato Soup.</li> </ol>
	<p>I can create.</p>	<ol style="list-style-type: none"> <li>1) Using your knowledge of cooking methods, describe how you could reduce the energy density (calories) provided by the different ingredients in the meal of the following lunch:  Fried beef burger with potato chips and deep fried onion rings.  Give reasons for your answers.</li> </ol>



Percentage	I can ...	Prove it!
 <p>60%</p>	<p>I can analyse and examine.</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>	<ol style="list-style-type: none"> <li>1) Analyse the effects on aroma, appearance, texture and taste of 2 foods when they are: grilled, fried, boiled and roasted.</li> <li>2) Analyse the nutritional content of the following meal: Fried beef burger with chips and deep fried onion rings.</li> </ol>
 <p>48%</p>	<p>I can suggest and apply</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>1) Explain the reasons for grilled chicken being overcooked on the outside and undercooked on the inside.</li> <li>2) Explain the reasons for a cake cooked on the top shelf of a gas oven has overcooked and the middle is still uncooked.</li> </ol>



Percentage	I can ...	Prove it!
	<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 risks...</i></p> <p><i>Comment on...</i></p>	<ol style="list-style-type: none"> <li>1) Explain how food is cooked when it is fried.</li> <li>2) Explain how food is cooked when it is boiled.</li> <li>3) Explain how food is cooked when it is roasted.</li> <li>4) Explain how food is cooked when it is grilled.</li> <li>5) Compare roasting and baking.</li> </ol>
	<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) Identify the 3 methods of heat transfer</li> <li>2) State 10 cooking methods</li> <li>3) Define roasting, boiling, baking and frying</li> </ol>



**Key Words:**

Conduction

Convection

Radiation

Atoms

Convection current

Methods

Appearance

Aroma

Texture

Taste