

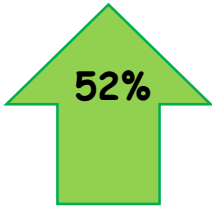
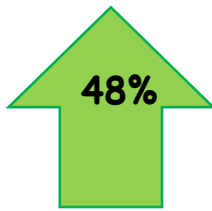
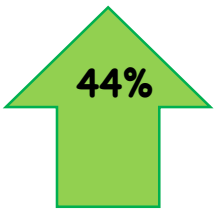
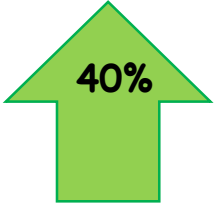
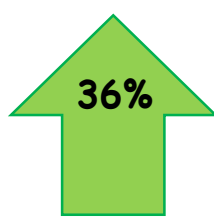
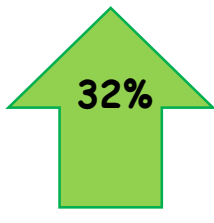



| Percentage | I can ... | Prove it! |
|---|--|---|
|  | <p>I can apply my knowledge and understanding by responding to several aspects of the original problem.</p> | <p>From your own design of your roast dinner, write a full evaluation of it. Recommend ways to make it more colourful; have more textures; enhance the flavours; and make it healthier.</p> |
|  | <p>I can respond creatively to the brief of a roast dinner exploring and testing my ideas both theoretically and practically.</p> | <p>Find 10 ideas for roasted vegetables and/or meat. Choose 1 of the vegetable recipes and make it at home.</p> |
|  | <p>I can use a few different sources of information to help generate ideas.</p> | <p>Find 3 different recipes for 3 different roasted meats. Select your favourite and explain why.</p> |
|  | <p>I can use labelled sketches/recipes to show my ideas.</p> | <p>Draw a sketch of your plated roast dinner labelling your ideas.</p> <p>On your recipe for 44%, label the features of your recipe. E.g. measurements, timings, temperatures, list of ingredients with exact measurements.</p> |



| Percentage | I can ... | Prove it! |
|---|--|---|
|  | <p>I can make a step by step recipe and time plan for a roast dinner.</p> | <p>Write the order in which the elements of a roast dinner should be cooked in.</p> <p>Choose an element of a roast dinner and write the recipe for it.</p> |
|  | <p>I can evaluate my recipe as it develops.</p> | <p>Write a recipe for a sandwich or a yoghurt pot including 3 changes that you have made as a result of the feedback from your practical session.</p> |
|  | <p>I can explain how to use the method of boiling.</p> | <ol style="list-style-type: none"> 1. Explain the method of boiling. 2. Write the method for boiling carrots. 3. Write 2 recommendations for boiling food. |
|  | <p>I understand how to work safely with meat.</p> | <p>Write 3 risks of working with meat and how you would stop them from being risks.</p> <p>Outline the 4Cs of Food Hygiene and explain what each one means.</p> |



| Percentage | I can ... | Prove it! |
|---|--|--|
|  | <p>I can choose correct methods and say why I chose them.</p> | <p>List 6 cooking methods and give 1 advantage and 1 disadvantage for each method.</p> |

Key Words:

Gastronomy

Ingredients

Utensils

Method

Measurements

Teaspoon

Tablespoon

Roast

Tender

Enhance

Roux

Root vegetable

Seasoning

Gourmet

