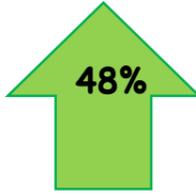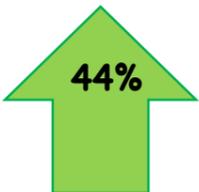| Percentage	I can …	Prove it!
60%	**I can apply my knowledge and understanding by responding to several aspects of the original problem.**	Evaluate 2 cuisines – discuss the advantages and disadvantages of each cuisine and give your opinion of which you think is better and why. Evaluate your pasta dish and suggest 2 improvements for next time.
56%	**I can respond creatively to the brief of a pasta dish exploring and testing my ideas both theoretically and practically.**	*Creating your own work:* 1. Design 4 Gastronomic pasta dishes that have "Sensory Appeal" (draw and label them). 2. Write a recipe for your final design 3. Cook the dish and photograph it and stick it in your exercise book.
52%	**I can use a few different sources of information to help generate ideas.**	Using websites, magazines, blogs, recipe books, TV programmes or any other source of information to come up with 3 Italian, Mexican or Chinese dishes that are Gastronomic.
48%	**I can use labelled sketches/recipes to show my ideas.**	Write a recipe for Vegetable Fajitas labelling the features of a recipe. Draw a sketch of your Fajitas labelling your ideas. It must have "Sensory Appeal".

Percentage	I can …	Prove it!
44%	**I can make a step by step recipe and time plan.**	Write a recipe for Vegetable Fajitas and/or Spring Rolls with timings, exact measurements for each ingredient and temperatures.
40%	**I can evaluate my recipe as it develops.**	Write an evaluation of your roast potatoes, roast chicken, cauliflower cheese and boiled vegetables. You should give a WWW and EBI for each element of the roast dinner. You should also include at least 1 change that you would make to each element as a result of your practical session.
36%	**I can use correct equipment in an appropriate way.**	What would you use the following utensils for? 1. Colander 2. Blender 3. Whisk Give an example of a recipe that you would use each of these utensils in.
32%	**I can adapt a recipe that shows I can add my own ideas.**	Write a recipe for a basic Penne Arabiatta and add 3 specific ingredients to make it more gastronomic. Use should also sketch and label your idea. Explain the term "Sensory Appeal".

Percentage	I can …	Prove it!
28%	I can choose correct ingredients, equipment and methods and say why I chose them. I can understand the principles of nutrition.	Look at the following dishes: 1. A Roast Dinner 2. Vegetable fajitas 3. Penne Arabiatta 4. Chinese Spring Rolls 1. Write a list of equipment for each dish. 2. List the cooking methods used in each recipe. 3. Write the 3 main ingredients for each dish. Name the 5 categories of the Eatwell Plate and why we need each category.

Key Words:

Cuisines

Sensory appeal

Colour

Texture

Flavour

Pastry

Shortcrust

Filo

Puff

Choux

Gluten