

| Percentage  | I can ...  | Prove it!  |
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|   | <p><b>I can design a balanced diet</b></p> <p><b>I can design food that has sensory appeal</b></p> <p><b>I can create recipes using a range of methods and equipment</b></p>           | <ol style="list-style-type: none"> <li>1. Design a 5 day meal plan that is balanced by reflecting the proportions of the Eatwell Plate</li> <li>2. Draw and label a plate of food that is within a specific cuisine and that has sensory appeal.</li> <li>3. Write a recipe for roasted potatoes and baked cauliflower cheese including a list of ingredients with exact measurements; a step by step method; utensils and equipment; timings and gastronomy specific vocabulary.</li> </ol> |
|  | <p><b>I can analyse and evaluate a diet</b></p> <p><b>I can analyse packaging and evaluate its effectiveness for a target audience</b></p> <p><b>I can compare cooking methods</b></p> | <ol style="list-style-type: none"> <li>1. Write an evaluation of your dinners from last week. Identify all the benefits and downfalls and recommend changes where necessary.</li> <li>2. Compare and evaluate 2 or 3 cuisines and give your opinion of which is better and why.</li> <li>3. Compare and evaluate 2 or 3 cooking methods and give your opinion of which is better and why.</li> <li>4. How effective is the below packaging at appealing to its target audience?</li> </ol>   |





**I can apply knowledge of diet and nutrition to my own diet**

**I can identify and explain sensory appeal**

**I can choose appropriate cooking methods for different occasions**

1. Write out what you had for dinner each night last week (Monday - Friday) and label the 5 categories of the Eatwell Plate
2. Choose a cooking method for each of the below foods and explain why you chose that method:
  - Carrots
  - Potatoes
  - Chicken
3. Explain how this Mexican food has "sensory appeal"



**I understand about diet and nutrition**

**I understand about food choice and sensory appeal in food**

**I understand about cooking and food preparation**

1. Name the 5 categories of the Eatwell and explain their uses for the body
2. List 3-5 foods that would go in each category
3. Explain what "sensory appeal" is
4. Name the 4Cs of Food Hygiene





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|  |  | <p>5. Explain what each of the 4Cs of Food Hygiene mean</p> <p>6. List 6 cooking methods</p> |
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**Key Words:**

**Balanced Diet**

**Food Hygiene**

**Packaging**

**Marketing**

**Cooking Method**

**Cuisine**

**Colour**

**Texture**

**Flavour and Taste**

**Sensory Appeal**

