



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





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





		<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

