

Percentage	I can ...	Prove it!
	<p>I can evaluate, consider and justify.</p> <ul style="list-style-type: none"> • <i>Arguments that support the statement. Why is it correct?</i> • <i>Arguments against the statement? Why is it incorrect?</i> • <i>Suggest a minimum of two for each.</i> • <i>Overall do you agree or disagree with the statement and why? Use evidence to back up your points.</i> 	<ol style="list-style-type: none"> 1) Evaluate Italian cuisine outlining the full advantages and disadvantages of the cuisine and summarising your arguments with your opinion with justifications. 2) Consider the implications of seasonality. Evaluate seasonality and state your opinion with justifications. 3) Compare and evaluate ready meals and homemade meals. Consider which is better and justify your opinion. 4) Create a balanced plate of food for a teenager. Justify your choices. Evaluate your meal's healthiness and suitability for a teenager. Recommend modifications to your meal. 5) Design a week meal plan in line with the 8 guidelines for a healthy lifestyle. Justify your choices.
	<p>I can create.</p>	<ol style="list-style-type: none"> 1) Describe a lunch that would be suitable for a teenager. Analyse the health benefits and give reasons for your selections. 2) Design 4 seasonal vegetable soups ensuring that they have sensory appeal through complementary flavours with a garnish. Select one of your designs and analyse the health benefits in addition to the benefits of seasonality. 3) Describe a meal plan (5 lunches) that would support someone who is overweight to support them to lose weight. This should be in accordance with the Eatwell Plate proportions.



Percentage	I can ...	Prove it!
	<p style="text-align: center;">I can analyse and examine.</p> <ul style="list-style-type: none"> • <i>I believe.....because..... This means that..... As a result.....</i> • <i>One reason why is..... This means that..... As a result.....</i> • <i>One way is.....because..... This means that..... As a result.....</i> 	<ol style="list-style-type: none"> 1) Examine the function of gluten in bread making. Why do we need it? 2) Why would having a pumpkin soup in the autumn be good? 3) Why would having grilled chicken be better than having fried chicken? 4) Analyse the health benefits of a roast dinner: it would have roast chicken, roast potatoes, cauliflower cheese, carrots and broccoli.
	<p style="text-align: center;">I can suggest and apply</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • <i>Raw beef is a high risk food. There are many ways you can prepare this food safely. Firstly...For example...Specifically... Secondly...For example...Specifically...</i> • <i>A cheese omelette is not very gastronomic. There are many ways you could give it more sensory appeal such as...</i> 	<ol style="list-style-type: none"> 1) Suggest how you would prepare a beef burger safely according to the 4Cs of food hygiene. 2) Suggest modifications to a plain cheese omelette to improve its sensory appeal. 3) Suggest 3 ways to improve a high fat/sugar diet. 4) When making a dish with fruit, how would you prevent the fruit from spoiling?



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"> 1) Explain how a chicken curry with rice and vegetables is healthy for us. 2) Explain the uses of the 5 main food groups of the Eatwell Plate. 3) Explain the 4Cs of food hygiene. 4) Explain how gluten is formed. 5) Compare a ready meal Spaghetti Carbonara and a homemade Spaghetti Carbonara. Outline and compare the healthiness, cost and ease of each method of preparation. 6) Outline the risks of having a high fat/sugar diet. 7) Comment on the ways you would recognise fruit that has gone past its best.
	<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"> 1) State the 5 food groups on the Eatwell Plate 2) Describe the effects of each food group on the body. 3) Identify 3-5 foods in each food group. 4) Describe a balanced diet and state reasons for needing a balanced diet. 5) Identify 4 ways to keep yourself safe in the Gastronomy room. 6) State the 4Cs:



Key Words:

Preservatives and Additives

Natural and Artificial

Nutrients

Carbohydrates

Protein

Vitamins

Minerals

