




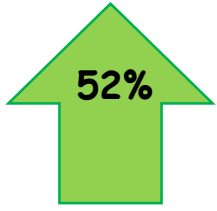


Percentage	I can ...	Prove it!
	I can test and evaluate my food.	Evaluate a plate of food that you have cooked that include a range influences, ingredients, equipment, components and processes.
	I can work with a range of ingredients, equipment, components, and processes.	Design a balanced plate of food that uses a range of equipment, ingredients and processes. Label the processes and write 2 lists: 1 for ingredients and 1 for utensils.
	I can produce detailed plans that outline alternative methods of producing the same dish.	Take 1 of the canapé recipes you have learnt this term and write 3 alternative methods with specific modifications.
	I can apply my knowledge and understanding by responding to several aspects of the original problem.	Describe all the issues with a plain beef burger and suggest recommendations.
	I can respond creatively to briefs, exploring and testing my ideas both theoretically and practically.	Design 3 Gastronomic soups and label how they meet the brief. EBI: Make them at home and photograph them.








**I can use a few different sources of information to help generate ideas.**  
**I can understand how culture and society are relevant to food.**

Find 3 different kinds of curry using 5 different sources of information. Identify where you have got the information from and what you have learnt.

Name 3 cuisines including Indian; 3 dishes in each cuisine and *why* these dishes would have developed within these cuisines.



Percentage	I can ...	Prove it!
	<p><b>I can use labelled sketches/recipes to show my ideas.</b></p>	<p>Write a recipe for 2 canapés labelling the features of a recipe. Draw and label an image of your canapés.</p>
	<p><b>I can make a step by step recipe and time plan.</b></p>	<p>Write a recipe for a vegetable curry with timings and temperatures.</p>
	<p><b>I can use correct equipment in an appropriate way.</b></p>	<p>Write a list of equipment that you would need for the following dishes:</p> <ol style="list-style-type: none"> <li>1. Frittata</li> <li>2. Vegetable soup</li> <li>3. Fruit smoothie</li> <li>4. Beef burger</li> </ol>





**I can adapt a recipe that shows I can come up with my own ideas.**

Rewrite a recipe for a basic burger adding your own ideas and highlighting them.  
- Use should also sketch and label your ideas

**Percentage**

**I can ...**

**Prove it!**



**I can choose correct ingredients, equipment and methods and say why I chose them.  
I can understand the principles of nutrition.**

1. List 10 utensils and add one specific dish you would use it in.
2. List 6 cooking methods and 6 dishes you would use the method in.
3. Name the 5 main food categories and their uses for the body.

**Key Words:**

Colour  
Texture  
Flavour  
Combinations  
Ingredients  
Measurements  
Grams  
Kilograms  
Teaspoon  
Gastronomy

