

| 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.



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





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

