






Percentage	I can ...	Prove it!
	I can test and evaluate my food.	Evaluate your dish: the variety in colour, textures and complimentary flavours. Suggest 3 improvements or alterations.
	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 explain how yeast makes bread rise.	Explain fermentation, how gluten is formed and why kneading is so important.
	<p>I can explain how fats are used to shorten pastry.</p> <p>I can explain the 3 main stages for bread dough making.</p>	<p>Explain the effect of fats or shortening on flour. Why do we do it in pastry?</p> <p>Explain fermentation, gluten formation and kneading.</p>
	I can respond creatively to briefs, exploring and testing my ideas both theoretically and practically.	Design 3 gourmet quiches and label how they meet the success criteria. NOTE: Stick the photo of your practical work into your exercise book.








I can design ideas for food that meet a range of dietary needs.

Design 4 pizzas that would be suitable for each of the following diets:

1. Vegetarian
2. Low Fat
3. Lactose intolerant
4. Gluten intolerant



Percentage	I can ...	Prove it!
	<p>I can make a step by step recipe and time plan.</p>	<p>Write a recipe for a quiche labelling the features of a recipe.</p> <p>Write a method for making pizza dough.</p>
	<p>I can use labelled sketches/recipes to show my ideas.</p> <p>I understand different dietary needs.</p>	<p>Draw and label 3 designs for a pizza or a quiche.</p> <p>Explain what lactose and gluten intolerances are.</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. Beef burger 2. Vegetable soup 3. Quiche 4. Pizza





I can apply knowledge of pastry to specific dishes.

What pastry would you use for the following dishes?

- Quiche
- Profiteroles
- Sausage rolls
- Baklava

Percentage

I can ...

Prove it!



I can identify different types of pastry.

I can recall the 3 main stages of bread dough making.

1. List 4 types of pastry.
2. Name the 3 processes involved in making a bread dough.

Key Words:

Fermentation

Gluten

Kneading

Lactose

Intolerant

Shortening

Pastry

Complimentary flavours

Texture

Nutrition



