

Percentage	I can ...	Prove it!
 76%	<p><b>I can design a balanced diet</b></p> <p><b>I can design food that has sensory appeal</b></p> <p><b>I can create recipes using a range of methods and equipment</b></p>	<ol style="list-style-type: none"> <li>1. Design a gastronomic 5 day meal plan that is balanced by reflecting the proportions of the Eatwell Plate</li> <li>2. Draw and label a plate of pasta that has sensory appeal including the name of the pasta, a sauce and its ingredients and a garnish.</li> <li>3. Write a recipe for a gastronomic pizza from scratch including a list of ingredients with exact measurements; a step by step method; utensils and equipment; timings and gastronomy specific vocabulary.</li> </ol>
 64%	<p><b>I can analyse and evaluate a diet</b></p> <p><b>I can analyse packaging and evaluate its effectiveness for a target audience</b></p> <p><b>I can compare cooking methods</b></p> <p><b>I can evaluate food choices such as ready meals vs. homemade meals</b></p>	<ol style="list-style-type: none"> <li>1. Write an evaluation of your dinners from last week. Identify all the benefits and downfalls and recommend changes where necessary.</li> <li>2. Compare and evaluate 2 or 3 cooking methods and give your opinion of which is better and why.</li> <li>3. How effective is the below packaging at appealing to its target audience?</li> <li>4. Write an evaluation of ready meals and homemade meals and then say which you think is better and why.</li> </ol>





**I can apply knowledge of Dietary Requirements to food**

**I can apply knowledge of food preparation**

**I can choose appropriate cooking methods for different occasions**

**I can apply the principles of diet and nutrition**

**I can apply knowledge of Genetic Modification to real life situations.**



1. Modify the below pizza to fit 4 dietary requirements.  
INGREDIENTS: Regular pizza dough, tomato base, mozzarella cheese, prosciutto (Italian ham).
2. Explain how you would prepare and cook a beef burger safely. (4Cs)
3. Choose a cooking method for each of the below foods and explain why you chose that method:
  - Carrots
  - Potatoes
  - Chicken
4. Write out what you had for dinner each night last week (Monday - Friday) and label the 5 categories of the Eatwell Plate
5. Explain how scientists have genetically modified salmon and sweetcorn





**I can explain in more detail about diet and nutrition**

**I can identify and explain sensory appeal**

**I can explain food preparation precautions**

**I can explain dietary requirements**

**I can explain Genetic Modification**

6. Explain the uses for the body of each section on the Eatwell plate.
7. Explain the benefits of the 7 different nutrients.
8. Explain what each of the 4Cs of Food Hygiene mean
9. Explain the 3 main stages of making a dough.
10. Explain 4 dietary requirements identifying if they are a choice or intolerance.
11. Explain how this Mexican food has "sensory appeal"
12. What is Genetic Modification?



**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 list 3-5 foods that would go in each category
2. Name the 7 different nutrients in your diet.
3. Explain what "sensory appeal" is





**I understand about food choices and needs**

4. Name the 4Cs of Food Hygiene
5. List 6 cooking methods
6. List the 3 main stages of making a dough.
7. Name 4 dietary requirements.
8. List 5-10 legal requirements for food packaging.

**Key Words:**

**Balanced Diet**

**Food Hygiene**

**Packaging**

**Marketing**

**Cooking Method**

**Cuisine**

**Colour**

**Texture**

**Flavour and Taste**

**Sensory Appeal**

**Legal requirements**

**Fermentation**

**Gluten**

**Kneading**

**Dietary Requirements**

**Nutrients**

**Garnish**

