

Percentage	I can ...	Prove it!
 <p>88%+</p>	<p>I can identify issues with a dish and recommend different solutions using different sources.</p>	<p>Use websites, recipe books, blogs, magazines, TV programmes to improve each dish you designed to get 84%. You will need to highlight where you have made the changes and where the inspiration came from.</p>
 <p>84%</p>	<p>I can respond creatively to briefs.</p>	<p>Draw and label 3 balanced plates of food. They must have:</p> <ul style="list-style-type: none"> - Sensory appeal - Sophisticated flavour combinations - Use a variety of cooking techniques - Use a range of equipment - Meet 3 dietary needs which can include Coeliac, Lactose, and Vegetarian...
 <p>72%</p>	<p>I can design ideas for food that meet a range of dietary needs.</p>	<p>Design 4 balanced meals with sensory appeal that would be suitable for each of the following diets:</p> <ol style="list-style-type: none"> 1. Low salt 2. Low fat 3. High fibre 4. Low carbohydrate



Percentage	I can ...	Prove it!
 <p>60%</p>	<p>I can evaluate food from other cultures</p> <p>I can analyse the effects of over and under-consumption of certain substances in relation to Reference Intake (RI)</p> <p>I can analyse food labels and identify issues with products and provide recommendations for improvements</p>	<ol style="list-style-type: none"> 1. Choose 4 cuisines and give at least 1 advantage and 1 disadvantage for each cuisine. 2. Identify whether under or over consumption of the below substances are a risk to your health: <ul style="list-style-type: none"> - Fibre - Fat - Fruit and vegetables - Sugar - Salt 3. Explain what the risk is of over or under consumption of each of these substances. 4. Identify 4 meals that have an issue with levels of a specific substance: identify the issue, explain why it is an issue and offer at least 1 recommendation to improve it.
 <p>48%</p>	<p>I can explain the purpose of the Digestive System and the main components of food</p>	<ol style="list-style-type: none"> 1. Explain the purpose of the Digestive System. 2. Explain what the body uses for each of the 7 basic components of food.
 <p>36%</p>	<p>I can recall the main parts of the Digestive System and the 7 main components of food</p>	<ol style="list-style-type: none"> 1. Name the 5 main parts of the Digestive System. 2. List the 7 basic components of all foods.



Key Words:

Digestion

Substances

Nutrients

Minerals

Consumption

Reference Intake (RI)

Glycaemic Index (GI)

Nutritional Information

Dietary Need

Molecules

Enzymes

Absorption

Carbohydrates (simple and complex)

Proteins

Vitamins

Minerals

Fibre

