

KS3 Level	FOOD AND NUTRITION FOOD PREPARATION	FOOD AND NUTRITION NUTRITION AND HEALTH
7	Apply skills and understanding competently to plan, prepare and safely cook dishes and menus for a healthy, varied and balanced diet.	Use the knowledge of nutrition to adapt meals for people with a range of dietary needs.
6	Modify recipes and cook predominantly savoury dishes that are based on current healthy eating messages.	Understand the importance of each micronutrient and what happens when we have too much or too little.
5	Understanding and apply the science of food preparation such as aeration, shortening, enzymic browning when cooking dishes.	Name each micronutrient and recognise some good sources of each.
4	Excellent cleaning and organisation throughout. Use a broad range of preparation techniques and methods when cooking, e.g. stir-frying, steaming, blending.	Understand the importance of each macronutrient and what happens when we have too much or too little
3	Good organisation of workstation throughout. Demonstrate an increasing range of food preparation skills, e.g. accurate weighing and measuring, kneading.	Name each macronutrient and recognise some good sources of each.
2	Independent cleaning but needs extra time. Be able to use all parts of the cooker competently	Make food choices based on the current healthy eating advice and understand that a healthy diet is made up from a variety and balance of different food and drinks, as depicted in the Eatwell Guide. Know that food and drinks provide energy and in different amounts
1	Support and reminders needed for organisation and cleaning. Use a range of food preparation skills with supervision, e.g. peeling, slicing, mixing, scooping, grating, spreading.	Be aware that we all need a balanced and varied diet to grow, be active and maintain health, and that we need to eat more of some foods than others, e.g. as depicted in the Eatwell Guide.