

Cooking Skills (KS4)

KS4

Default statuses	Weighting
Taught	0
Almost/Approaching	1
Achieved	2
Mastered	3

	Food Safety and Hygiene	Preparation and Cooking Skills	Presentation and Wider Skills
Stage 1	<p>I can follow the steps to prepare my work station before cooking, with instructions.</p> <p>I can use basic equipment safely, e.g. peelers</p>	<p>I can name basic preparation equipment.</p> <p>I can name basic cooking equipment.</p> <p>I can name the cooking skills used for a recipe.</p> <p>I can name the preparation skills to be used for a recipe.</p> <p>I can turn on the cooker accurately with support.</p> <p>I can prepare fresh vegetables for cooking, with support.</p>	<p>I can follow a recipe, with support.</p> <p>I can use a timer accurately.</p> <p>I can prepare a dish.</p> <p>I can state how I can improve my own practice.</p> <p>I can pass on my knowledge to others</p> <p>I have a basic understanding on how to store foods (dry; raw or cooked).</p>

		<p>I can prepare fresh meat for cooking, with support.</p> <p>I can weigh dry ingredients with support.</p> <p>I can measure wet ingredients, with support.</p> <p>I can wash up and tidy my work station to a basic level.</p>	
Stage 2	<p>I know what steps to take before cooking and can follow them without instructions.</p> <p>I can use more advance equipment safely E.g. graters; blenders and sharp knives</p>	<p>I can choose appropriate equipment to use when cooking (with support)</p> <p>I can name more advanced equipment (e.g. types of knives)</p> <p>I can make the decision about what cooking and preparation skills would be best for a recipe and why.</p> <p>I can turn on the cooker accurately independently.</p> <p>I can use the cooker correctly & safely</p> <p>I can use the grill correctly & safely</p> <p>I can prepare fresh vegetables for cooking, independently</p> <p>I can prepare fresh meat for cooking, independently</p>	<p>I am able to evaluate my practice and how I can improve.</p> <p>I can discuss how I have made a dish and how it could be improved.</p> <p>I have a good understanding on how to store foods (dry; raw or cooked)</p>

		<p>I can weigh dry ingredients, independently</p> <p>I can measure wet ingredients, independently.</p> <p>I can wash up and tidy my work station to a medium level.</p>	
Stage 3	<p>I can explain why certain steps need to be take when preparing for cooking.</p> <p>I have a sound knowledge of how to keep myself safe when using equipment</p>	<p>I can choose equipment by following the recipe and guidelines independently.</p> <p>I have a sound knowledge of kitchen equipment and what it can be used for.</p> <p>I know when foods are cooked using a variety of cooking skills.</p> <p>I can turn on the cookers and time cooking times of food accurately.</p> <p>I can prepare fresh vegetables for cooking, independently to a high standard.</p> <p>I can prepare fresh meat for cooking, independently & to a high standard</p>	<p>I can follow any recipe in any format independently.</p> <p>I can tell when food is cooked without a timer.</p> <p>I can prepare a dish and garnish it in a professional manner.</p> <p>I am able to evaluate my own practice and make changes to improve.</p> <p>I can taste and evaluate dishes and make comments about improvements and how it was made.</p>
Stage 14			