

Food Technology 2022

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

	Diet	Cookery Skills and Safety	Where Our Food Comes From
Stage 0	<ul style="list-style-type: none"> I can show a preference I can name everyday foods I can identify when we eat specific meals (breakfast, lunch and dinner) I can identify foods we eat at specific meals I can identify fruits and vegetables I can say that fruit and vegetables are healthy I can identify food textures e.g. soft, hard, wet, dry 	<ul style="list-style-type: none"> I can wash my hands before cooking and eating I can stir and mix food I can scoop food into another container I can name cutlery I can help to wash up and put away equipment I am beginning to use cutlery with support I can drink from a cup 	<ul style="list-style-type: none"> I can identify where we buy food e.g. shop/ café I can identify where we store foods e.g. kitchen, fridge, freezer, cupboards I can understand that some food products are grown
Stage 1	<ul style="list-style-type: none"> I can identify meat and dairy 	<ul style="list-style-type: none"> I can identify hot and cold food I can identify hot and cold drinks 	<ul style="list-style-type: none"> I can create a shopping list I can use a shopping list to gather ingredients

	<ul style="list-style-type: none"> • I can understand that dairy helps to build stronger bones and teeth • I can sort healthy and unhealthy foods • I can pack a health lunchbox • I can identify sweet, savoury, salty and sour foods 	<ul style="list-style-type: none"> • I can understand dangers in the cooking environment e.g. hot oven, Sharpe knives • I can understand how to be safe in the cookery environment • I can assist and adult in preparing/making food and drinks • I can use a knife to chop • I can accurately pour • I can spread using a knife • I can name cookery appliances e.g. microwave, oven, kettle, toaster 	<ul style="list-style-type: none"> • I can understand that food comes from plants and animals • I can give examples of foods that come from plants and animals • I can understand the journey that our food makes (farm, shop, home)
Stage 2	<ul style="list-style-type: none"> • I can identify carbohydrates • I can understand that carbohydrates give me energy • I can sort food into the different food groups • I can understand why we need a balanced diet 	<ul style="list-style-type: none"> • I can follow a basic hygiene routine while cooking e.g. clean surfaces, wearing and apron, washing hands, hair tied back • I can follow simple instructions/recipes to make food and drinks with support • I can slice using a knife • I can grate safely using a grater • I can stir hot food • I can whisk • I can mash • I can measure using non- standard units of measurement (teaspoon, tablespoon) 	<ul style="list-style-type: none"> • I can identify the four seasons • I can name foods grown in each season with support • I can understand what plants and animals need to grow/produce food • I can recognise processed foods e.g. milk to butter
Stage 3	<ul style="list-style-type: none"> • I can identify how unhealthy foods effect our bodies (e.g. too much sugar is bad for your teeth) • I can identify and understand different diets (e.g. pescetarian, 	<ul style="list-style-type: none"> • I can create a hygiene routine for others to follow • I can assess how well my hygiene routine has been followed • I can measure using standard measurements with adult support (grams and millilitres) 	<ul style="list-style-type: none"> • I can recognise foods that make different ingredients (milk to cheese, cream, butter) • I can recognise where I would need to go in a supermarket to find different ingredients. (fridge aisle for cheese)

	<p>vegetarian, vegan, Jewish and Halal)</p> <ul style="list-style-type: none"> • I can identify foods that contain calcium • I can understand the benefits that Calcium has on our bodies • I can identify foods that contain vitamin c • I can understand the benefits that vitamin C has on our bodies • I can understand the benefits that vitamin C has on our bodies • I can identify foods that contain Iron • I can understand the benefits that Iron has on our bodies 	<ul style="list-style-type: none"> • I can use an oven with support • I can use a hob with support • I can follow simple instructions/recipes to make food and drinks independently 	<ul style="list-style-type: none"> • I can find a best before or used by date on packages • I can find a best before or used by date on packages • I can recognise if a food is out of date or edible from the best before or used by date • I can recognise when food has gone off by how it looks • I can understand the dangers of eating food that has gone off
<p>Stage 4</p>	<ul style="list-style-type: none"> • I can identify foods that contain sodium • I can understand the effects that sodium has on our bodies • I can identify foods that contain fibre • I can understand the benefits that fibre has on our bodies • I can plan a meal with support • I can identify the food groups within a meal I have planned with support 	<ul style="list-style-type: none"> • I can measure using standard measurements (grams and millilitres) • I can understand what a budget is • I can plan a meal within a budget with support • I can collect what I need to a recipe (e.g. equipment and ingredients) • I can write a recipe I plan to make • I can create a hygiene plan to follow when cooking • I can prepare what I need for a recipe (e.g. measuring ingredients, washing veg, 	<ul style="list-style-type: none"> • I can evaluate food packaging/ advertisements • I can plan a design food packaging for a product • I can understand that some ingredients come from different countries • I can research and explore food from other cultures • I can try food from other cultures

	<ul style="list-style-type: none"> I can evaluate a meal I have planned (e.g. is it a balanced meal) 	checking dates, chopping/peeling ingredients)	
Stage 5	<ul style="list-style-type: none"> I can identify the food groups within a meal I have planned I can research and identify the vitamins and minerals within a meal I have planned I can understand what and allergy is I can identify allergens using ingredients lists on packaging I can plan and create a meal plan to follow for a day I can identify the ingredients I will need for my daily meal plans I can identify the cost of my daily meal plan 	<ul style="list-style-type: none"> I can plan a meal independently I can budget a meal independently I can buy ingredients for a meal I can prepare a meal independently 	<ul style="list-style-type: none"> I can recognise foods with high sugar, fat and salt contents I can use the traffics light system on packaging to identify healthy and unhealthy foods I can suggest healthy alternatives to unhealthy products I can identify different jobs within the food industry I can understand the responsibilities of the different job roles within the food industry I can compare the prices within 2 supermarkets for ingredients