
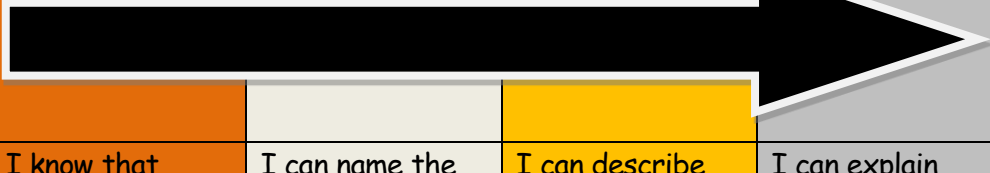


# Year 10: ASK Yourself!

## Subject: Food Preparation and Nutrition Unit: Protein project

|   | Launching<br>1-2   | Developing<br>3-4  | Progressing<br>5-6  | Mastering<br>7-9  |
|---|--|--|---|---|
| <b>S</b> kills  |    |  |   |   |
| <b>Demonstrate the versatility of eggs in cooking</b> | I can demonstrate 3 techniques for cooking eggs.                                     | I am able to make 2 products which contain eggs with assistance. | I am able to make a range of products which contain eggs.                       | I am also able to make a whole meal based around eggs.  |
| <b>Presentation skills</b>                            | I know what a well presented product should look like.                               | I can present a variety of egg dishes with some accuracy.        | I can decorative finish or garnish to my finished products                      | I can develop my own presentation style with flair.   |
| <b>K</b> knowledge                                    |  |  |   |   |
| <b>Health and safety related to protein products</b>  | I know that cooking with eggs is linked with risks.                                  | I can name the food poisoning associated with cooking with eggs. | I can describe how to cook safely with eggs.                                    | I can explain what high risk foods are.   |
| <b>Functions of ingredients</b>                       | I can name 4 different functions of eggs.  | I can explain 4 different functions of eggs.                     | I can explain 4 different functions of eggs and name the dishes which use them. | I understand the scientific principles of 4 different egg functions.                                  |
| <b>Planning a menu</b>                                | I can identify the types of products that would be suitable for a specific occasion. | I can plan the correct sequence of dishes for a time plan.       | I can write a logical time plan for the preparation of a dish.                  | I can show dovetailing in a time plan which explains the correct order for making more than one dish. |