





Year 9: ASK Yourself!

Subject: Food Preparation and Nutrition Unit: Celebrating Society Project

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
 S skills				
Making main meals from a variety of cultures	I can make a range of products with assistance.	I can follow a recipe independently.	I can prepare a variety of dishes which are finished to a high standard.	I can modify a recipe and create an original idea.
Seasoning	I know which ingredients are from different cultures.	I know how to flavour foods with a variety of cultural flavours.	I can make and present 2 dishes without assistance which derive from British Culture.	I can make and present 4 dishes without assistance which derive from International Cultures.
 K knowledge				
Understand Cultural differences	I understand British culture and can name 4 regional recipes.	I understand 1 other culture and can identify ingredients used in cooking from that culture.	I know that there are particular customs that are linked to different cultures.	I can explain how cultural influences have altered the cuisine of the UK.
Sauces	I know that there is a variety of sauces available.	I know the ingredients needed to make a roux sauce.	I know what the functions of ingredients are in a roux sauce.	I can explain gelatinisation.
Meat cuts	I know which animals we eat in the UK.	I can name 2 cuts of meat from pigs.	I can also name 2 cuts of meat from sheep and cows.	I can label the parts of a pig, sheep and cow.