

Year 10: ASK Yourself!

Subject: Food Preparation and Nutrition

Unit: Milk and dairy project

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
S skills				
Cooking milk in a variety of Dishes	I can make 2 versions of a cheesecake.	I am able to make a layered dessert.	I am able to demonstrate caramelisation	I am able to use gelatine to set a mixture.
Finishing skills	I know what a well presented product should look like.	I can present a variety of milk based dishes with some accuracy.	I can form and shape products which do not fall apart when cooked.	I can add a decorative finish or garnish to my finished products.
Teamwork	I can plan a menu with others	I can suggest improvements to a menu	I can help others with their menu choices	I can manage my own time and produce a set of dishes for a tea party.
K knowledge				
Types of fresh milk	I know that there are many varieties of milk	I can name at least 10 varieties.	I can describe the nutritional benefits of milk in the diet.	I can explain what problems may occur if there is not enough protein in the diet.
Nutrition	I know which part of the eat well guide milk is in.	I know what nutrients are in milk.	I can describe the nutritional benefits of milk in the diet	I can explain what problems may occur if there is not milk in the diet.
Milk products	I know how dried milk can be used	I can explain what is condensed milk and what is evaporated milk	I know that milk is treated indifferent ways to be safe.	I know the correct temperatures of different preservation techniques of milk