



Year 10: ASK Yourself!

Subject: Food Preparation and Nutrition

Unit: Nutrition project

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
S kills				
Demonstrate a variety of the 12 practical skills	I can demonstrate basic bread making.	I am also able to make biscuit dough with assistance.	I am also able to make a range of pastry dough.	I am also able to make homemade pasta dough.
Nutrition calculations	I know why nutritional information is important.	I can calculate the nutritional information for a recipe using the internet.	I can analyse nutritional data.	I can explain how food labelling can inform a consumer about nutrition.
K knowledge				
The eat well guide	I know the main segments of the eat well guide.	I know the foods that appear in each section.	I know which nutrients 2 sections of the guide provide.	I can identify which nutrients are provided by each section of the guide.
Nutritional requirements of different life stages	I know that there are different nutritional requirements for each life stage.	I know which foods are suitable for 2 life stages.	I know which foods are suitable for all the life stages.	I can plan a nutritionally balanced menu for each life stage.
Vitamins and minerals	I can know there are 2 classifications of vitamins.	I can name the vitamins that belong to each classification.	I know the main minerals required for a healthy balanced diet.	I can name foods which provide all the vitamins and minerals important for a healthy lifestyle.