



## Year 11: ASK Yourself!

**Subject: Food Preparation and Nutrition**

**Unit: NEA 2 – Food preparation task**

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
<b>S</b> kills				
<b>Research skills</b>	Basic research skills that has little or no relevance to the context selected.	Adequate research skills with some relevance to the context selected.	Good research skills which has clear links to the context selected.	Comprehensive research which links directly to the context selected.
<b>Demonstrating technical skills</b>	Demonstrates mainly basic skills in the technical stage.	Medium skills demonstrated in the technical and final making stage.	Demonstrates medium - high level skills in the technical and final making stage.	Demonstrates high level skills in the technical and final making stage with evidence of development.
<b>K</b> knowledge				
<b>Time planning</b>	Basic time plan. Limited timings included. Very little health and safety stages.	Adequate time plan lacking some detail. Includes health and safety references.	Detailed time plan with good dovetailing. Largely includes all health and safety stages.	Comprehensive time plan using colour coding for each dish and excellent dovetailing. All health and safety stages included.
<b>Nutrition and costing</b>	Some sensory analysis included. Basic nutrition knowledge and limited costing.	Sensory analysis and one other style of analysis with nutritional links. Costing explained.	Detailed and relevant sensory testing carried out. Annotated photographs and charts also included. Nutritional analysis with good understanding. Costing explained well.	Detailed and relevant sensory testing carried out. Detailed annotated photographs and charts also included. Very clear nutritional analysis with a sound knowledge of nutrition. Costings carried out. Clear improvements have been identified.

