

Rivers Academy Age Related Expectations - **Food & Nutrition, Hospitality & Catering**

	End of KS2	Year 7	Year 8	Year 9	Year 10	Year 11
Knowledge of Nutrition, healthy diets and food choices and the hospitality and catering industry.	<p>I understand and can apply the main principles of a healthy and varied diet.</p> <p>I know how and where a variety of ingredients are grown.</p>	<p>I can explain the different sections of the eatwell guide, name the 5 key nutrient groups and explain their function in a healthy and balanced diet. I can describe a healthy lifestyle and consider changes to improve.</p>	<p>I can give examples of how an excess or deficiency in nutrients can cause long term health problems and suggest steps needed to prevent this.</p> <p>I can explain how several cultural diets meet nutritional needs considering seasonal, cultural and religious differences.</p>	<p>I can discuss how diet needs change through life stages including childhood, teenage and older adult years and suggest nutritional and diet changes required to avoid short and long term health conditions.</p> <p>I am able to explain the difference between Hospitality and Catering and give specific examples to describe a range of job roles.</p>	<p>I can discuss a large range of factors that must be considered when planning a dish or menu for others, including special diets needs, seasonality, sustainability concerns and financial factors of a business.</p> <p>I am able to discuss different job roles within the Hospitality and Catering sector and demonstrate knowledge of employment, business and safety regulations.</p>	<p>I am confidently able to discuss and demonstrate knowledge of a range of factors necessary to consider when planning a menu or meal plan for a variety of ages, diet and medical needs.</p> <p>I am confidently able to discuss and analyse a range of factors that contribute to the success or failure of a business including customer service and business regulation requirements.</p>
Practical Skills	<p>I can prepare, with supervision, a few dishes.</p>	<p>I am able to use a knife and other equipment independently and safely.</p> <p>I can follow a recipe with minimal guidance and my work area is organised and tidy at all times during the practical.</p>	<p>I can use a range of equipment to accurately weigh and prepare ingredients required to recreate a selection of healthy cultural dishes.</p> <p>My work area is organised and tidy at</p>	<p>I can complete and follow a time plan to safely create a dish in the time given.</p> <p>I can accurately demonstrate a range of knife skills to create julienne, brunoise and other vegetable cuts.</p>	<p>I am able to create a time plan to prepare, cook and present a range of dishes considering use of cooking methods and garnishing techniques.</p> <p>My work area and equipment used is hygienic and safe at all</p>	<p>I am able to plan, prepare, cook and present a range of dishes, demonstrating a variety of skills and cooking methods that show creativity and a professional level of organoleptic qualities.</p> <p>My work area and all</p>

Rivers Academy Age Related Expectations - **Food & Nutrition, Hospitality & Catering**

			all times during a practical.	I am able to demonstrate a range of cooking methods in a safe and controlled manner. Work area is organised and tidy at all times during the practical.	times considering myself and others' needs The dishes created are nutritious, appetising to eat and of an industry standard.	equipment used is hygienic and safe at all times considering the needs of myself and others. The dishes created are visually creative, unique, appealing and demonstrate a professional level of organoleptic requirements. .
Evaluation	I can consider others' opinions to improve my work and dishes.	I can use sensory words to describe a dish and share ideas to improve the dish in an honest and relevant way.	Follow evaluation suggestions to recreate the dish and test improvements. Use a range of methods to test the improved dish and compare it to the original.	The view of others and a sensory analysis is used to justify improvements to the dish. Evidence of skills and safe use of equipment is given. Star diagram is used to inform areas for development within the dish including safe working practices and final presentation.	I can suggest improvements to planning, cooking and presentation of dishes to consider organisation and time management. I can use a star diagram and other sources to discuss the views of others and suggest areas for development including safe working practices and final presentation.	I can review planning, cooking and presentation of dishes highlighting areas of success and of potential further development considering organisation and time management. I can use a range of sources to record the views of others and confidently suggest areas for development including safe working practices and final presentation.
Health and Safety	I can identify key health and safety within the practical environment.	I can acknowledge hazards through demonstrations and discuss what the risks	I am able to suggest ways to prevent cross contamination and some types of food	Uses correct terminology (HASAWA, PPE) to explain safety	I can evaluate the health and safety of a given task and I am able to independently	Demonstrate how to work safely, follow correct food safety and hygiene practices

Rivers Academy Age Related Expectations - **Food & Nutrition, Hospitality & Catering**

		<p>could be. I can explain cross contamination and suggest why working in a hygienic manner is necessary.</p>	<p>poisoning. I can confidently identify hazards within a given situation; describing the risks associated.</p>	<p>regulations in a catering business and the consequences of not following the regulations. I can describe the health and safety procedures that need to be carried out.</p>	<p>select the correct procedures and justify myself referring to legislation. I can use a risk assessment to discuss business legislation including COSHH and RIDDOR.</p>	<p>and procedures in relation to the preparation and cooking of food and use of equipment and facilities. I can create a risk assessment correctly including all the relevant legislation required by the HSE.</p>
--	--	---	---	---	---	--