



AOLE	Subject	Year	Assessment
Health and Wellbeing	Food	8	Baseline Test

Progression Table		
Progression Indicator	Knowledge	Skills
Excelling	<p>I have a full comprehensive knowledge of the kitchen. I know all of the hygiene and safety procedures that keep you safe in the kitchen.</p> <p>I know all of the utensils that are used in the kitchen and give explanations of them for each item.</p> <p>I know all the different coloured chopping boards and know many examples of foods that can be chopped on each. .</p> <p>I know all 5 sections of the eat well plate and know a detailed amount of foods that can be food found in each food group, e.g. carbohydrates, proteins etc.</p> <p>I know the main nutrients required for the body to function and the reason why.</p> <p>I know the ingredients needed to make basic products, e.g. pizza dough, bread, cup cakes.</p> <p>I know what cross contamination means, how it happens and how to prevent it.</p> <p>I know the common food allergies and the signs and symptoms to look out for.</p>	<p>Identify hygiene and safety procedures in the kitchen.</p> <p>Explain the use of the kitchen utensils in detail.</p> <p>Identify the correct food that should be used with the correct chopping board.</p> <p>Describe the eat well plate.</p> <p>Identify various different food groups.</p> <p>Explain the function of each nutrient in the body and the types of foods it comes from.</p> <p>Identify the main ingredients to make a selection of products.</p> <p>Explain the term 'cross contamination'.</p> <p>Explain 'what is a food allergy'.</p>
Advancing	<p>I know most of the hygiene and safety procedures in the kitchen.</p> <p>I know the coloured chopping boards and the type of food that should be cut on each one.</p> <p>I know most kitchen utensils and electrical equipment that are used in the kitchen and give explanations for their use.</p> <p>I know the main ingredients needed to make basic products, e.g. pizza dough, bread, cup cakes.</p>	<p>Identify healthy and safety procedures in the kitchen.</p> <p>Identify the correct food that should be used with the correct chopping board.</p> <p>Explain the use of the kitchen utensils and equipment..</p> <p>Identify the different areas and uses of the cooker.</p> <p>Identify the main ingredients to make a selection of products.</p>



	<p>I know what cross contamination means and how it happens.</p> <p>I know how a food allergy is caused.</p>	<p>Explain the term 'cross contamination'</p> <p>Explain 'what is a food allergy'.</p>
Securing	<p>I know the basic procedures to prepare myself before working in the kitchen.</p> <p>I know basic hygiene and safety rules, for example knowing what some of the coloured chopping boards should be used for.</p> <p>I know some kitchen utensils and electrical equipment that are used in the kitchen and some of the uses.</p> <p>I know the main food groups such as carbohydrates, fruits, proteins etc.</p> <p>I know some of the main ingredients needed to make basic products, e.g. pizza dough, bread, cup cakes.</p> <p>I know what it means to have a food allergy.</p>	<p>Identify hygiene and safety procedures in the kitchen.</p> <p>Identify the correct food that should be used with the correct chopping board.</p> <p>Identify the different kitchen utensils and equipment and the uses.</p> <p>Describe the main food groups on the 'Eatwell Plate'.</p> <p>Identify the main ingredients to make a selection of products.</p> <p>Identify what is a food allergy.</p>
Beginning	<p>I know a limited amount of health and safety rules in the kitchen.</p> <p>I know a limited number of kitchen utensils that are used in the kitchen.</p> <p>I know a limited number of ingredients needed to make basic products, e.g. pizza dough, bread, cup cakes.</p> <p>I know a type of food allergy.</p>	<p>Identify healthy and safety requirements in the kitchen.</p> <p>Identify the different utensils in the kitchen.</p> <p>Identify the main ingredients to make a selection of products.</p> <p>Identify an example of a food allergy.</p>