



	Practical Skills, Health, Safety and Hygiene	Nutrition and Diet	Theory and Concepts	Evaluation and Modification
Mastering	<p>Can demonstrate a wide range of preparation techniques and cooking methods, working in an independent manner.</p> <p>Can follow a recipe independently, adapting where and when necessary, selecting the correct ingredients and equipment.</p> <p>Can work in a safe and hygienic manner and identify risks.</p>	<p>Has a very good understanding of macro and micro nutrients, is able to explain and justify why each is required in the diet and identify their food sources.</p> <p>Has a very good understanding and some consideration of a wide variety of specialist diets and diet related conditions in detail.</p> <p>Has a very good understanding of government guidance on diet and can demonstrate this through effective planning of a healthy diet for others.</p>	<p>Has a very good understanding of a variety of commodities, food sources and supply, giving relevant examples of each.</p> <p>Has a very good understanding and consideration of the seasonality of products, their provenance, cultural, ethical and environmental issues.</p> <p>Has an in depth understanding and knowledge of food science.</p>	<p>Can demonstrate a very good understanding of sensory characteristics both during preparation and final taste testing, suggesting areas for improvement in terms of function of ingredients and ideal characteristics.</p> <p>Can suggest realistic and reasonably creative modifications for the product including nutrition, function and cost, with each area well explained and justified with some ingredients and quantities included.</p> <p>Can analyse nutrition and costing tables in detail, with very good understanding.</p> <p>Has evaluated at least four practical high level skills in detail, making suitable and fairly realistic suggestions for change and/or improvement.</p> <p>Can evaluate their use of time effectively, identifying areas for improvement and suggesting fairly realistic alterations.</p> <p>Can identify and evaluate very good health, safety and hygiene situations.</p>
Deepening	<p>Can demonstrate a range of preparation techniques and cooking methods and work in an independent manner.</p> <p>Can follow a recipe logically, selecting the correct ingredients and equipment.</p> <p>Can work in a safe and hygienic manner, always demonstrating good practice.</p>	<p>Has a good understanding of macro and micro nutrients, is able to explain why each is required in the diet and identify their food sources.</p> <p>Has a good understanding of a variety of specialist diets and diet related conditions in some detail.</p> <p>Has a good understanding of government guidance on diet and can demonstrate this through fairly effective planning of a healthy diet for others.</p>	<p>Has a good understanding of a variety of commodities, food sources and supply, giving relevant examples of each.</p> <p>Has a good understanding and consideration of the seasonality of products, their provenance, cultural, ethical and environmental issues.</p> <p>Has a sound understanding and knowledge of food science.</p>	<p>Can demonstrate a good understanding of sensory characteristics both during preparation and final taste testing, suggesting areas for improvement in terms of function of ingredients and ideal characteristics.</p> <p>Can suggest some realistic and reasonably creative modifications for the product including nutrition, function and cost, with each area well explained and justified with some ingredients and quantities included.</p> <p>Can analyse nutrition and costing tables in detail, with good understanding.</p> <p>Has evaluated at least three practical medium level skills in detail, making suitable and fairly realistic suggestions for change and/or improvement.</p> <p>Can evaluate their use of time effectively, identifying areas for improvement and suggest fairly some alterations.</p> <p>Can identify and evaluate good health, safety and hygiene situations.</p>
Securing	<p>Can demonstrate a number of preparation techniques and cooking methods and require assistance occasionally.</p> <p>Can follow a recipe logically, selecting the correct ingredients and equipment.</p> <p>Can work in a safe and hygienic manner, usually demonstrating good practice.</p>	<p>Has a developing understanding of macro and micro nutrients, is able to explain why some are required in the diet and identify their food sources.</p> <p>Has a developing understanding of some of specialist diets and diet related conditions.</p> <p>Has a developing understanding of government guidance on diet and can demonstrate this through some planning of a healthy diet for others.</p>	<p>Has a sound understanding of a variety of commodities, food sources and supply, giving some relevant examples of each.</p> <p>Has a sound understanding and consideration of the seasonality of products, their provenance, cultural, ethical and environmental issues.</p> <p>Has a sound understanding and knowledge of food science.</p>	<p>Can demonstrate a developing understanding of sensory characteristics both during preparation and final taste testing, suggesting areas for improvement in terms of function of ingredients and ideal characteristics.</p> <p>Can suggest a few realistic modifications for the product including nutrition, function and cost, with each area explained with some ingredients and quantities included.</p>

				<p>Can analyse nutrition and costing tables in detail, with some understanding.</p> <p>Has evaluated at least three practical medium level skills in detail, making suitable and fairly realistic suggestions for change and/or improvement.</p> <p>Can evaluate their use of time effectively, identifying areas for improvement and suggest some alterations.</p> <p>Can identify and evaluate some health, safety and hygiene situations.</p>
Developing	<p>Can demonstrate a number of preparation techniques and cooking methods and require assistance sometimes.</p> <p>Can follow a recipe with little assistance needed, selecting appropriate ingredients and equipment.</p> <p>Can work in a safe and hygienic manner, sometimes demonstrating good practice.</p>	<p>Has a limited understanding of macro and micro nutrients, is able to understand why some are required in the diet and identify some food sources.</p> <p>Has a limited understanding of some of specialist diets and diet related conditions.</p> <p>Has a limited understanding of government guidance on diet and can demonstrate this through some planning of a healthy diet for others.</p>	<p>Has a limited understanding of a variety of commodities, food sources and supply, giving one example of each.</p> <p>Has a limited understanding and consideration of the seasonality of products, their provenance, cultural, ethical and environmental issues.</p> <p>Has a limited understanding and knowledge of food science.</p>	<p>Can demonstrate a limited understanding of sensory characteristics both during preparation and final taste testing, suggesting a couple of areas for improvement in terms of function of ingredients and ideal characteristics.</p> <p>Can suggest a couple of realistic modifications for the product including nutrition, function and cost, with some explanation about ingredients and quantities.</p> <p>Can analyse nutrition and costing tables in detail, with a limited understanding.</p> <p>Has evaluated at least two practical low level skills in detail, making some suggestions for change and/or improvement.</p> <p>Can evaluate their use of time, identifying areas for improvement and suggest some alterations.</p> <p>Can identify and evaluate some health, safety and hygiene situations.</p>
Emerging	<p>Can demonstrate a few preparation techniques and cooking methods and require assistance sometimes.</p> <p>Can follow a recipe with some assistance, selecting some appropriate ingredients and equipment.</p> <p>Can work with some understanding of safety and hygiene.</p>	<p>Has a basic understanding of macro and micro nutrients, is able to understand why a few are required in the diet and identify some food sources.</p> <p>Has a basic understanding of two specialist diets or diet related conditions.</p> <p>Has a basic understanding of government guidance on diet and can demonstrate this through discussion of a healthy diet for others.</p>	<p>Has a basic understanding of a variety of commodities, food sources and supply, giving an examples.</p> <p>Has a basic understanding of the seasonality of products, their provenance, cultural, ethical and environmental issues.</p> <p>Has a basic understanding of food science.</p>	<p>Can demonstrate a basic understanding of sensory characteristics both during preparation and final taste testing, suggesting at least one area for improvement in terms of ingredients and ideal characteristics.</p> <p>Can suggest one or two modifications for the product including nutrition, function and cost, with a brief explanation about ingredients and quantities.</p> <p>Can analyse nutrition and costing tables with a basic understanding.</p> <p>Has evaluated at least two practical low level skills in detail, making some suggestions for change and/or improvement.</p> <p>Can evaluate their use of time, identifying areas for improvement and suggest some basic alterations.</p> <p>Can identify and evaluate some basic health, safety and hygiene situations.</p>