

Year 10	<i>Curriculum Checkpoints: What do students know and what can they do?</i>			
Food Prep and Nutrition	Developing	Securing	Flourishing	Excelling
Nutrition	Students apply relevant knowledge and understanding of types, functions, excesses and deficiencies of macronutrients and micronutrients in their planning and preparation of meals.	Students apply mostly accurate and appropriate knowledge and understanding of types, functions, excesses and deficiencies of macronutrients and micronutrients in their planning and preparation of meals.	Students apply accurate and comprehensive knowledge and understanding of types, functions, excesses and deficiencies of macronutrients and micronutrients in their planning and preparation of meals.	Students apply exceptional knowledge and understanding of types, functions, excesses and deficiencies of macronutrients and micronutrients in their planning and preparation of meals.
The Relationship between Diet and Health	Students demonstrate some relevant knowledge and understanding of a balanced diet and government healthy eating guidelines when planning recipes, meals and diets	Students demonstrate mostly accurate and appropriate knowledge and understanding of the importance of a balanced diet, government healthy eating guidelines and dietary needs of specific groups when planning recipes, meals and diets based on nutritional calculations and analysis.	Students demonstrate accurate knowledge and understanding of the importance of a balanced diet, government healthy eating guidelines and dietary needs of specific groups when planning recipes, meals and diets based on nutritional analysis.	Students demonstrate exceptional knowledge and understanding of the importance of a balanced diet, government healthy eating guidelines and dietary needs of specific groups when planning recipes, meals and diets based on nutritional analysis
Food Provenance	Students make straight forward and obvious comments on social, cultural and environmental issues relating to food made by themselves and others	Students analyse and evaluate, to draw coherent conclusions on social, cultural and environmental issues relating to food made by themselves and others.	Students analyse and evaluate, to draw evidenced conclusions on social, cultural and environmental issues relating to food made by themselves and others.	Students critically analyse and evaluate, to draw well-evidenced conclusions on social, cultural and environmental issues relating to food made by themselves and others.
Food Science	Students demonstrate some relevant knowledge and understanding of the chemical, functional and working properties of carbohydrates, proteins and fats.	Students demonstrate mostly accurate and appropriate knowledge and understanding of the chemical, functional and working properties of carbohydrates, proteins and fats	Students demonstrate accurate and comprehensive knowledge and understanding of the chemical, functional and working properties of carbohydrates, proteins and fats	Students demonstrate exceptional knowledge and understanding of the chemical, functional and working properties of carbohydrates, proteins and fats
Cooking and Prep Skills	Students safely apply some advanced skills to a range of equipment and ingredients to plan, prepare and present dishes with some degree of complexity. Students demonstrate adequate application of food safety procedures	Students safely and effectively apply advanced skills to a wide range of equipment and ingredients to plan, prepare and present dishes with some degree of complexity. Demonstrates good application of food safety procedures.	Students safely and effectively apply precise and sophisticated skills when using a wide range of equipment and ingredients to plan, prepare and present complex dishes Demonstrates very good application of food safety principles.	Students safely and effectively apply exceptional skills when using a wide range of equipment and ingredients to plan, prepare and present complex dishes Demonstrates exceptional ability when applying food safety procedures.
Investigation of Food commodities	Students carry out a basic investigation into some of the functional and chemical properties of a commodity/ingredients for a given task.	Students investigate a range of the functional and chemical properties of a commodity/ingredients for a given task.	Students investigate a wide range of the functional and chemical properties of a commodity/ingredients for a given task.	Students investigate all of the functional and chemical properties of a commodity/ingredients for a given task.