

# Personal Learning Checklist

Year 7,8,9

Name: \_\_\_\_\_

<b>YEAR 7</b>			
<b>Introduction to fruit and Vegetables</b>	<b>Red</b>	<b>Amber</b>	<b>Green</b>
I understand how to prepare and cook food safely and hygienically			
I know the names of equipment and their uses			
I can explain how to use the Eatwell Guide as a model of healthy eating			
I am able to classify different fruit and vegetables			
I understand the importance of the fruit and vegetable food group			
I can demonstrate safe knife techniques to prepare a range of dishes			
<b>Fats and oils</b>			
I know what fats and oils are			
I know about different types of fats			
I know why fats/oils are used in food preparation			
I understand the harmful effects of fat in the diet			
I can make good quality products using fats and oils			
I can work safely and hygienically in practical's			
<b>Starchy Carbohydrates</b>			
I know which foods are classified as starchy carbohydrates			
I know the uses of starchy carbohydrates, such as wheat			
I am able to prepare starchy foods safely and hygienically			
I understand how starchy foods meet the Eatwell guide and dietary guidelines			
I know how wheat is produced			
<b>Protein</b>			
I know the foods that belong in the protein food group			
I can explain the function of protein in the diet			
I can Describe the different types of meat, fish, and poultry			
I understand how to store and cook meat, fish, and poultry safely			
I know the sources and benefits of protein alternatives in the diet			
I understand what is meant by vegetarian and vegan diets			
<b>Dairy</b>			
I know the nutrients dairy foods provide and their function			
I can name the foods that belong in the dairy and alternatives food group			
I can describe where milk comes from and how it is processed			
I know how to store dairy foods safely to prevent contamination			
I am able to make a range of dairy dishes safely and hygienically			

YEAR 8			
	Red	Amber	Green
<b>Healthy eating</b>			
I understand what is meant by cross- contamination and how to prevent it			
I know the safe temperatures for temperature control			
I know how to achieve a well balanced diet using the Eatwell guide			
I am able to explain the consequences of a poor diet			
I know the importance of energy balance			
I can describe the 8 dietary guidelines			
<b>Cooking Methods</b>			
I know why food is cooked			
I know how heat is transferred during cooking			
I know the different cooking methods used			
I know the advantages and disadvantages of cooking methods			
I can choose suitable cooking methods for different foods			
I know which cooking methods are healthier			
I can use cooking methods correctly in practical work			
<b>Environment</b>			
I know where food comes from (grown, reared, caught)			
I understand how food production affects the environment			
I know how food waste can be reduced and how to use leftovers			
I know how carbon footprint can be reduced			
I can evaluate my own practical products and how I work in practical lessons			
I can prepare and cook food minimising damage to the environment			

<b>YEAR 9</b>			
	<b>Red</b>	<b>Amber</b>	<b>Green</b>
<b>Nutrition 1</b>			
I understand the principles of food safety			
I know the five nutrients and their functions in the body			
I can name the food sources of the different nutrients			
I know the effects of nutrient deficiency and excess			
<b>Nutrition 2</b>			
I know what energy balance is and how to achieve it			
I can explain nutritional needs through the different life stages			
I understand different diet related dietary needs			
I understand food related allergies			
<b>Bakery and raising agents</b>			
I can explain the function of raising agents in bakery and how they work			
I understand the use of chemical. Mechanical and biological raising agents			
I can describe the methods of mechanically adding air to a mixture			
I can explain the stages of the bread making process			
I know the functions of ingredients in bakery			
I can demonstrate the use of raising gents to make well-risen products			

<b>LO 1.4: Food Safety in Hospitality and Catering</b>			
	<b>Red</b>	<b>Amber</b>	<b>Green</b>
<b>AC 1.4.1: Food related causes of ill health</b>			
I know and can <b>explain</b> about the different causes including:			
Allergies			
Bacteria			
Chemicals			
Intolerances			
I know and can describe the common food poisoning causes of;			
• bacillus cereus,			
• campylobacter,			
• clostridium perfringens,			
• e-coli,			
• listeria,			
• salmonella,			
• staphylococcus aureus			
I know and understand the main food allergens;			
• cereals (gluten)			
• crustaceans			
• dairy products			
• eggs			
• fish			
• fruit and vegetables			
• lupin			
• molluscs			
• nuts			
• peanuts			
• sesame seeds			
• soya			
• wheat			
I know and understand the main food intolerance.			
• Gluten			
• Lactose			
• Aspartame			
• MSG (monosodium glutamate)			
I know and can describe food labelling laws and regulations			
I know and can explain about the Food Safety (General Food hygiene Regulations)			
I understand and can explain about food hygiene			
<b>AC 1.4.2: Symptoms and signs of food-induced ill health</b>			
I know and can describe the visible symptoms of food induced ill health including; anaphylactic shock, bloating, breathing difficulties, chills, diarrhoea, facial swelling, pale or sweating skin, rash, vomiting, weight loss			
I know and can describe the non-visible symptoms of food induced ill health including; constipation, feeling sick, painful joints, stomach-ache, weakness, wind/flatulence			
<b>AC 1.4.3: Preventative control measures of food-induced ill health</b>			

I know and understand the control measures to prevent food-induced ill health;			
<ul style="list-style-type: none"> <li>• Cross contamination</li> <li>• Correct temperature in delivery, storage, preparation and service</li> <li>• Physical contamination</li> </ul>			
<b>AC 1.4.4: The environmental Health Officer (EHO)</b>			
I know and can <b>explain</b> about the role the EHO has in enforcing environmental health laws			
I know and can explain about the responsibilities the EHO has in:			
Collecting evidence including samples for testing, photographs, interviews			
Enforcing environmental health laws and following up complaints			
Following up outbreaks of food poisoning			
Inspecting businesses for food safety standards			
Giving evidence in prosecutions			
Maintaining evidence			
Submitting reports			

### Exam command words:

You will be given a range of questions to assess your knowledge, understanding and ability to apply it to a variety of situations. The written exam will use a variety of command words: some will be more difficult than others.

The possible command words are explained here and have been colour coded from green (easiest questions) to red (harder questions which need more information)

Analyse	Examine or study in detail in order to write information about it
Justify	Give reasons why you think something is better than something else, and to support those reasons with evidence
Explain	Write about something in a very clear way, giving examples to illustrate your answer and show understanding
Describe	Identify distinctive features; give a description and factual details. Generally, no explanations are needed for these questions unless the command word states describe <b>and</b> explain
Review	To write about and assess the importance, quality or value of a topic
Identify	To show that you know and understand something by being able to give its key features and characteristics
Suggest	Give reasons or evidence to support your opinion
Recommend	Put forward or suggest an answer that is suitable for the questions
List	Provide the information in a list rather than in continuous writing
State	Give a short accurate and clear list
Name	Identify/indicate/mention/select who or what