

3.1 Food preparation skills: **General practical skills**

Sk1 I can accurately measure liquids and solids			
Sk2 I can prepare ingredients and equipment neatly and with attention to finished product, including greasing, lining and flouring			
Sk3 I can select the appropriate cooking process and length of time for a given ingredient			
Sk4 I can use appropriate tools or tests to determine whether food is ready, including a temperature probe, knife, skewer, finger or poke test, bite, visual colour check or sound			
Sk5 I can adjust seasoning during the cooking process to change the taste and aroma			
Sk6 I can control texture and flavour through the use of browning (dextrinisation, caramelisation), glazing, and adding crust, crisp and crumbs			
Sk7 I can enhance the appearance of a dish through portioning, garnishing and presentation			

3.1 Food preparation skills: **Knife skills**

Sk8 I can demonstrate safe and appropriate knife techniques while I peel and cut fruit and vegetables			
Sk9 I can effectively cut, trim and portion raw and cooked meat, fish or alternatives			

3.1 Food preparation skills: **Preparing fruit and vegetables**

Sk10 I can use appropriate techniques to prepare fruit and vegetables			
Sk11 I am aware of enzymatic browning, spoilage and food poisoning and can take measures to prevent or control these			

3.1 Food preparation skills: **Use of the cooker**

Sk12 I can use the grill to char, grill or toast a range of foods			
Sk13 I can use the oven for a variety of cooking methods, such as baking, roasting, casseroles and/or tagines, and braising			

3.1 Food preparation skills: **Use of equipment**

Sk14 I can demonstrate ability with a variety of food preparation equipment, including a blender, food processor, mixer, pasta machine, and microwave oven			
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3.1 Food preparation skills: **Cooking methods**

Sk15 I can cook with water based methods on the hob, including steaming, boiling, simmering, blanching and poaching			
Sk16 I can cook with dry heat and fat based methods on the hob, including dry, shallow and stir frying			

3.1 Food preparation skills: **Prepare, combine and shape**

Sk17 I can combine, bind and shape ingredients or mixtures using different preparation methods			
Sk18 I can handle high risk foods and know how to prevent cross contamination			

3.1 Food preparation skills: **Sauce making**

Sk19 I can demonstrate an understanding of how starch/liquid ratios affect viscosity by making a starch-based sauce, demonstrating starch gelatinisation			
Sk20 I can demonstrate an understanding of how evaporation concentrates flavour and affects viscosity by making a reduction sauce			
Sk21 I can demonstrate an understanding of how to stabilise an emulsion by making an emulsion sauce			

3.1 Food preparation skills: **Tenderise and marinate**

Sk22 I can explain how acids denature protein during the process of tenderisation			
Sk23 I can use a marinade to add flavour and moisture during food preparation			

3.1 Food preparation skills: **Dough**

Sk24 I can make a bread, pastry or pasta dough			
Sk25 I can explain and demonstrate the processes of shortening, gluten formation and fermentation (proving)			
Sk26 I can shape and finish a dough using appropriate equipment and/or techniques, such as rolling out pastry, using a pasta machine, lining a flan ring, creating layers (palmiers) proving and resting, glazing and finishing			

3.1 Food preparation skills: **Raising agents**

Sk27 I can demonstrate knowledge and ability with eggs as a raising agent by creating a gas-in-liquid foam, whisking egg whites, or a whisked sponge			
Sk28 I can demonstrate knowledge and ability with chemical raising agents, such as self-raising flour, baking powder and bicarbonate of soda			
Sk29 I can demonstrate knowledge and ability with steam as a raising agent, such as choux pastry or batter			
Sk30 I can demonstrate knowledge and ability with biological raising agent (yeast) in breadmaking			

3.1 Food preparation skills : Setting mixtures

Sk31 I can use starch and removal of heat to set a mixture (gelation)			
Sk32 I can use protein and heat to set a mixture, such as denatured and/or coagulated protein in eggs			

Date:

Student Reflection:

Teacher Comment: