

Food Preparation & Nutrition

	Understanding & Knowledge	Making & Evaluating	Food Safety & Hygiene
9	All the steps below, and I can also... - critically evaluate food, diet and lifestyle choices - justify decisions using integrated knowledge of nutrition, cooking principles, food labelling, sustainability, hydration, physical activity. - apply knowledge in complex or unfamiliar contexts - consider long-term health impact	All the steps below, and I can also... create, apply and critically evaluate a range of dishes independently, justifying adaptations using nutritional, evidence about taste, appearance and how well the dish worked.	All the steps below, and I can also... apply, analyse and critically evaluate food safety decisions in unfamiliar contexts, justifying actions using secure scientific understanding.
8	All the steps below, and I can also... - evaluate diets, food choices and products. - use evidence from; nutrition information, food labels, sustainability factors, physical activity guidance - justify improvements to meet; health needs, lifestyle needs, environmental needs	All the steps below, and I can also... plan, apply and evaluate cooking processes to produce dishes for specific needs, suggesting well-justified improvements.	All the steps below, and I can also... apply and evaluate food safety principles across the food chain, justifying practices using scientific reasoning.
7	All the steps below, and I can also... analyse diets and food choices, explaining how nutrition, cooking methods, food origins, labelling, hydration and activity interact to affect health, with some justified decisions.	All the steps below, and I can also... apply and evaluate a wide range of techniques independently, analysing outcomes and refining recipes for health, sustainability or appeal.	All the steps below, and I can also... apply and analyse food safety practices, evaluating risks and justifying safe decisions during preparation and cooking.
6	All the steps below, and I can also... explain and apply healthy eating guidance, energy balance (energy taken in compared with energy used), hydration and food choice principles, including food origins, production and labelling, to make informed decisions.	All the steps below, and I can also... apply a range of techniques independently and evaluate outcomes, justifying recipe adaptations.	All the steps below, and I can also... apply food safety principles independently, analysing risks and selecting appropriate ways to control the risk.
5	All the steps below, and I can also... analyse meals and food choices using the Eatwell Guide, nutrient knowledge, portion size and basic label information, explaining how these support health and well-being.	All the steps below, and I can also... apply and analyse a broad range of preparation and cooking techniques, suggesting improvements to nutrition, flavour or presentation.	All the steps below, and I can also... apply and explain food safety routines, analysing how unsafe practices can cause contamination or illness.
4	All the steps below, and I can also... apply healthy eating advice to explain how balanced diets, safe cooking practices, food choice and activity contribute to health, using simple labels and provenance (where food comes from and how it is produced).	All the steps below, and I can also... apply appropriate techniques to prepare a range of dishes and evaluate outcomes with simple adaptations.	All the steps below, and I can also... apply and explain hygiene routines and safe practices with increasing independence.
3	All the steps below, and I can also... explain that a healthy diet needs balance, variety, safe food preparation, hydration and activity, and describe where food comes from and how choices are made.	All the steps below, and I can also... use and apply a growing range of techniques and describe strengths and weaknesses of outcomes.	All the steps below, and I can also... apply basic food safety routines accurately, following guidance.
2	All the steps below, and I can also... identify food groups, simple healthy habits, basic food origins and the importance of drinking water, recognising that choices affect health.	All the steps below, and I can also... apply basic preparation skills with increasing independence and identify what went well.	All the steps below, and I can also... follow and apply basic hygiene routines with support.
1	I can... recognise that; food is needed for health, water is essential, people eat a variety of different foods.	I can... recognise and use basic tools and techniques with support.	I can... recognise the importance of hygiene and safe food handling.