# Food & Nutrition



Red Amber Green

## 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		

#### 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: