

YEAR 8			
	Red	Amber	Green
Healthy eating			
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			
Cooking Methods			
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			
Environment			
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			