

## 3.7 Food preparation and cooking techniques: **Non-exam assessment**

T1 I can consider the influence of lifestyle and consumer choice when developing meals and recipes			
T2 I can show an awareness of lifestyle and consumer choice when developing my own meals and recipes for practical performance			
T3 I can justify my choices when planning and preparing meals and recipes for practical performance with reference to lifestyle and consumer choice			
T4 I can consider nutritional needs and food choices when making decisions about recipes, ingredients, processes, cooking methods and portion sizes			
T5 I can show an awareness of nutritional needs and food choices when making decisions about my own recipes, ingredients, cooking methods and portion sizes for practical performance			
T6 I can justify my choice of recipes, ingredients, cooking methods and portion sizes with reference to nutritional needs and food choices in my own practical performance			
T7 I can review and make basic amendments to recipes			
T8 I can review and amend recipes to include the most appropriate ingredients, processes, cooking methods and portion sizes			
T9 I can generally manage the time of recipes effectively			
T10 I can show an awareness of and competently manage the time of recipes during practical performance			
T11 I can generally manage the cost of recipes effectively			
T12 I can show an awareness of and competently manage the cost of recipes during practical performance			
T13 I can use testing and sensory evaluation skills to adjust recipes to a limited extent			
T14 I can competently use testing and sensory evaluation skills to adjust and improve recipes during preparation and cooking			
T15 I can outline my ideas about my chosen cooking methods			
T16 I can explain and justify my ideas about my chosen cooking methods			
T17 I can present my ideas about my chosen cooking methods to others with limited success			
T18 I can competently present my ideas about my chosen cooking methods to others			
T19 I can select techniques that are generally appropriate for my intended outcome			

T20 I can use my understanding of nutrition, food, different culinary traditions and cooking, and food preparation to select the techniques that are most appropriate for my intended outcome			
T21 I can apply my chosen techniques safely			
T22 I can produce appealing meals through competently applying and combining appropriate techniques			
T23 I can evaluate and analyse the results of my chosen food preparation techniques			
T24 I can suggest ways to improve my food preparation technique, based on the results of my practical performance			

Date:

Student Reflection:

Teacher Comment: