

KS3 Food Technology

KS3 PLC									
Date:									
Practical Skills	R	A	G	R	A	G	R	A	G
Weigh and measure ingredients accurately									
Use the oven safely									
Cook and reheat food safely									
Peel fruit & vegetables									
Cut, Slice and chop using the bridge hold and claw grip									
Bind dry ingredients together using a liquid									
Divide and shape a dough									
Roll out a dough									
Knead a dough									
Mix and combine ingredients together									
Handle, prepare and cook high risk foods safely eg. Raw meat									
Use the hob safely									
Use the grill safely									
Safe and effective washing up.									
Bringing water to a boiling point									
Use of equipment									
Theory Knowledge	R	A	G	R	A	G	R	A	G
Food Hygiene									
Safety within the food room and preparation of foods									
The importance of staple foods in a diet									
The eat well guide									
How to incorporate 5-a-day into your diet									
To be able to plan a healthy and balanced meal									
To understand factors that affect your food choice									
To know what an unhealthy diet looks like									
To understand food miles and the pros and cons of eating local produce									
To know how to limit food waste									
Fruit and veg (Year 7)									
Cereal Foods (Year 8)									
Meat and Poultry (Year 9)									

Intervention at check point one:

Intervention at check point two:

Intervention at check point three:

G

I am confident about this topic and I know what I need to do.

A

I am not too sure about this topic. I may need to check with my teacher and spend more time working on this topic.

R

I am not confident I could answer a question on this topic. I need to check with my teacher and ensure I have what I need to do it.