

Year 7 Design and Technology Food Colour Band Descriptors

"Green" Skills Criteria - Practical	"Green" Skills Criteria - Theory
I am not always prepared for practical lessons.	I can name at least one personal hygiene rule.
Sometimes I forget some/ all of my ingredients.	I know how to use the hob on a cooker.
I can correctly select most items of equipment I need but sometimes make mistakes.	I have a basic understanding of why I should eat a healthy diet.
I can follow basic instructions during practical lessons but need a lot of assistance and reminders.	I understand that there is more than one way of preparing and cooking food.
I produce products of a satisfactory quality with assistance.	I can tell you what is good and bad about the work I produce.
I have used at least one method/ technique for preparing and cooking food.	
I wash up and clean down to a basic standard with prompting.	
I can follow basic procedures for hygiene and safety when prompted.	

"Pink" Skills Criteria - Practical	"Pink" Skills Criteria - Theory
I am nearly always prepared for practical lessons and bring in ingredients that have been correctly weighed and measured.	I can name at least two personal hygiene rules and at least two kitchen safety rules.
I collect the correct equipment and utensils I need, although some might not always be correctly used.	I know how to use the hob and the oven on a cooker.
I can follow instructions in practical lessons with assistance.	I have a basic understanding of why I should eat a healthy diet and know at least two rules of healthy eating.
I usually produce a good quality product.	I understand that there is more than one way of preparing and cooking food.
I can use more than one technique or method to prepare and cook food.	I can use at least one method to evaluate my work.
I apply basic rules for hygiene and safety with prompts.	
I wash up and clean down to a satisfactory standard with a little prompting.	

"Yellow" Skills Criteria - Practical	"Yellow" Skills Criteria - Theory
I always bring correct ingredients accurately weighed/ measured	I can name several personal hygiene rules and understand the principles of cleaning and cross contamination.
I collect the correct equipment and utensils I need and use them appropriately.	I know how to use the hob and the oven on a cooker safely.
I can follow instructions in practical lessons with some independence.	I have an understanding of the importance of a healthy, varied diet as shown in the Eat well Guide
I produce a good quality product.	I can talk about some functions of basic ingredients and show how a dish can be modified to make it healthier.
I can use a range of techniques and methods to prepare and cook food.	I understand that there is a range of ways of preparing and cooking food.
I apply most hygiene and safety rules without prompts.	I can use several methods to evaluate my work.
I wash up and clean down to a satisfactory standard without prompting.	

"Blue" Skills Criteria - Practical	"Blue" Skills Criteria - Theory
I always bring correct ingredients accurately weighed/ measured	I can name and apply essential personal hygiene rules and why they are important.
I collect the correct equipment and utensils I need and use them appropriately.	I can explain some principles of kitchen hygiene and cross contamination.
I can follow instructions in practical lessons confidently and I am starting to manage my time independently and effectively.	I know how to use the hob and the oven on a cooker safely and with confidence.
I produce a high quality product.	I have an understanding of the importance of a healthy, varied diet as shown in the Eatwell Guide and have an awareness of the Eight Tips for Healthy Eating.
I can confidently use a range of techniques and methods to prepare and cook food.	I can talk about the functions of basic ingredients and show how a dish can be modified to make it healthier.
I apply all hygiene and safety rules without prompts.	I can explain a range of methods and techniques to prepare and cook food.
I wash up and clean down to a good standard without prompting.	I can use several methods to effectively evaluate my work.

"Salmon" Skills Criteria - Practical	"Salmon" Skills Criteria - Theory
I always well organised and bring correct ingredients accurately weighed/ measured.	I can explain important principles of kitchen and personal hygiene, explain the difference between them and how to prevent cross contamination.
I always collect the correct equipment and utensils I need and use them precisely.	I know how to use the hob and the oven on a cooker safely, independently and with confidence.
I can follow instructions in practical lessons confidently and independently.	I can clearly explain the importance of a healthy, varied diet as shown in the Eat well Guide and have an awareness of the Eight Tips for Healthy Eating.
I can manage my time independently and effectively.	I have a growing understanding of the importance of vital vitamins and minerals in the diet and some foods that contain them.
I consistently produce very high quality products which are finished to a high standard and with attention to detail	I can talk about the functions of ingredients, using a range of technical terms, and suggest several ways a dish can be modified to make it healthier and interesting.
I can confidently and independently use a range of techniques and methods to prepare and cook food.	I can explain a wide range of methods and techniques to prepare and cook food.
I apply high levels of attention to hygiene and safety rules consistently and independently.	I can use several methods to effectively evaluate my work precisely and in detail, enabling me to set effective targets.
Washing up, work areas and sink are spotlessly cleaned without prompting.	