

Year 8 Design and Technology Food Colour Band Descriptors

"Green" Skills Criteria - Practical	"Green" Skills Criteria - Theory
I am usually prepared in a basic way for practical lessons.	I can name several personal hygiene rules and several kitchen hygiene rules.
I usually have all of my ingredients and they are weighed and measured	I know how to use the hob and oven on a cooker.
I can correctly select most items of equipment I Need although I may require help using them.	I have a basic understanding of why I should eat a healthy diet and why some may need to follow a special diet.
I can follow 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 healthy food.
I produce products that are usually of a good quality, with assistance.	I can tell you what is good and bad about the work I produce and suggest ways to improve it.
I have used at least one method/ technique for preparing and cooking food.	I can discuss the basic functions of some staple ingredients
I wash up and clean down to an acceptable standard but may need prompting more than once.	
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 accurately weighed, measured and labelled.	I can name several personal hygiene rules and kitchen hygiene rules and understand the principles of good cleaning.
I collect the correct equipment and utensils I need, and can 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 why I should eat a healthy diet and why some people need to follow a special diet.
I can produce a good quality product.	I understand that there is a range of ways to prepare and cook healthy food.
I can use a range of techniques or methods to prepare and cook food.	I can use at least one method to evaluate my work in detail.
I apply most rules for hygiene and safety with prompts.	I can discuss some of the functions of basic ingredients.
I wash up and clean down to a satisfactory standard usually without prompting.	

“Yellow” Skills Criteria - Practical	“Yellow” Skills Criteria - Theory
I always bring correct ingredients accurately weighed/ measured	I can name a range of personal hygiene and kitchen hygiene rules and understand the basic 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 and with confidence.
I can confidently follow instructions in practical lessons with an increasing degree of independence. I can manage my time effectively.	I have a good understanding of the importance of following a healthy diet and understand why some may follow a special diet for medical or religious reasons.
I regularly produce a good quality product.	I can talk about some functions of a range of ingredients and show how a dish can be modified to make it healthier and more interesting.
I can confidently 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 and can explain some of them.
I usually apply all hygiene and safety rules without prompts.	I can use several methods to effectively evaluate my work.
I wash up and clean down to a good standard without prompting.	

“Blue” Skills Criteria - Practical	“Blue” Skills Criteria - Theory
I always bring correct ingredients accurately weighed/ measured and am well organised	I can name and apply a range of personal and kitchen hygiene rules and explain why they are important.
I collect the correct equipment and utensils I need and use them appropriately and precisely.	I can explain most principles of kitchen hygiene and understand the importance of preventing cross contamination.
I can follow instructions in practical lessons confidently and I manage my time independently and effectively most of the time.	I know how to use the hob and the oven on a cooker safely, independently and with confidence.
I consistently produce a high quality products which are finished to a high standard.	I have an understanding of the importance of a healthy, varied diet. I understand why some may need to follow a special diet and can explain why accurately and precisely.
I can confidently and independently use a range of techniques and methods to prepare and cook food.	I can talk about the functions of some ingredients and show how a dish can be modified to make it healthier in addition to adapting it for a special diet.
I apply all hygiene and safety rules consistently without prompts.	I can explain a wide range of methods and techniques to prepare and cook food.
I wash up and clean down to an excellent standard without prompting.	I can use several methods to effectively evaluate my work precisely and in detail.

“Salmon” Skills Criteria - Practical	“Salmon” Skills Criteria - Theory
I am always well organised and bring correct ingredients accurately weighed/ measured and a suitable container to take the food home in.	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 and accurately.	I know how to use the hob, grill and the oven on a cooker safely, independently and with confidence.
I can follow instructions in practical lessons confidently and work independently for the majority of the lesson.	I can clearly explain the importance of a healthy, varied diet. I can identify different special diets and explain why they should be closely followed.
I can manage my time independently and effectively.	I have a growing understanding of the importance of good nutrition and the effect of different foods on the body.
I consistently produce complete and very high quality products which are finished to a high standard and demonstrate good 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 original.
I can confidently and independently use a wide 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.	With guidance, I can modify my work to make significant improvements