








Name: \_\_\_\_\_

Date: \_\_\_\_\_

New to me	Exploring it	Nearly there	Got it	Explain & Support	Modify and develop

### Year 8 Food Studies Spectrum Steps

**Unit Learning Objectives:**

Small Steps: 8		Stars & Steps	
		Pre	Post
	I follow food hygiene regulations during practical lessons		
	I know the correct names of key kitchen preparation equipment		
	I can follow a sequence of tasks to make food safely		
	I know and understand the 8 tips for healthy eating		
	I can identify healthy and unhealthy foods in my diet		
	I am aware some people may be intolerant or allergic to foods		
	I am developing an understanding of food provenance		

### Target to develop safe independent cooking skills

**By the end of this course I want to be able to:**

**Feedback:**



