

Name: _____









Date: _____

Unit: Year 7 Food Studies

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

Spectrum Steps

Unit Learning Objectives:

Small Steps:		Stars & Steps	
		Pre	Post
	Health and Safety: I can prepare myself ready hair, hands apron		
	Preparation: I can select the correct equipment		
	I can weigh and measure accurately		
	I can spread bread, mix, rub in, knead a dough, portion		
	I can wash up		
	I can identify healthy and unhealthy foods		
	I understand how eating "a rainbow" supports good health		
	I am aware of how the Eatwell guide supports healthy eating		

Target to develop safe independent cooking skills
<p>By the end of this course I want to be able to:</p>
<p>Feedback:</p> 