



# Food and Nutrition - Progress Map

AO1: Health and Safety									
Limited understanding of health and safety requirements for the kitchen.	Limited understanding of health and safety requirements for the kitchen.  Limited knowledge of Eatwell Guide.  Limited knowledge of basic nutrition and Eatwell Guide	Understand the 5 food groups in your diet and able to identify foods from each.  Basic knowledge of Eatwell Guide.  Be able to recognise some benefits of a healthy diet.	Can identify 5 key nutrients in the diet and some associated foods and dietary benefits and problems.  Basic understanding and application of health and safety requirements for the kitchen.  Basic knowledge of Eatwell Guide and how to apply this to their own diet.	Basic understanding of the function of nutrients in maintaining a healthy diet. Can adapt basic recipes for dietary needs.  Confident in application of health and safety requirements for the kitchen.  Has a basic understanding of the concept of sustainability - food pollution.	Understands the function of nutrients in maintaining a healthy diet. Can adapt recipes for dietary needs.  Confident knowledge of how to use the Eatwell Guide and how to apply this to their own diet.  Understands some concepts of sustainability in food production and can describe simple consequences.	Demonstrates confident knowledge of food and nutrition for a range of different dietary requirements.  Able to plan and design varied dishes for a healthy lifestyle using Eatwell Guide.  Has a competent understanding of the concept of sustainability and can explain and apply them with more depth.	Demonstrates confident and assured knowledge of food and nutrition for a range of different dietary requirements.  Has a confident understanding of the concept of food issues and sustainability and can evaluate these issues	Demonstrates confident and assured knowledge of food and nutrition for a range of different dietary requirements.  Has an very high understanding of the concept of food issues and sustainability and is able to evaluate them and discuss impact	Demonstrates exceptional knowledge of food and nutrition for a range of different dietary requirements.  Can evaluate and discuss in depth food issues to make informed choices as a consumer.  Has an exceptional understanding of the concept of sustainability and is able to discuss in detail impact on environment
E3/3c	1/F/3	2/E/4	3/D/5	4/C-	5/C+	6/B	7/A	8/A*	9/A**

AO2: Science & Technical									
Limited research and planning for food science investigations.  Limited reasons for choice and aims are vague. Limited predictions of the outcome	Limited research and planning for food science investigations.  Limited reasons for choice and aims are vague. Limited predictions of the outcome.  Limited investigation with a limited range of functional/chemical properties.  Limited recording of results.  Limited use of a time plan, which has some errors.	Limited/basic research and planning for food science investigations.  Limited/basic reasons for choice and aims are vague. Limited predictions of the outcome.  Limited/basic investigation with a limited range of functional/chemical properties.  Limited/basic recording of results.  Limited/basic use of a time plan, mostly correct.	Basic research and planning for food science investigations, showing basic logic.  Reasons for choice and aims are sound but basic.  Basic predictions of the outcome have been recorded.  Basic investigation with 3/4 different functional/chemical properties.  Basic, but sound recording of results.  Basic and sound use of a time plan.	Showing improving rationale for research and planning of investigation – some assistance.  Growing confidence for choice of investigation with some support.  Sound investigation into functional and chemical properties of ingredients.  Growing confidence to makes adaptations as necessary.  Use of a time plan becomes more accurate.  Records findings in more than 2 formats.	Good research and planning of research and planning of investigation with increasing independence.  Some reasons given for choice of investigation – more independent.  Good investigation into functional and chemical properties of ingredients.  Confidently and independently makes adaptations as necessary.  Confident and accurate use of a time plan.  Records findings in a good range (3) of formats.	Consistent, good research and planning of investigation.  Consistent, good range of reasons given for choice of investigation - independent.  Consistent, good investigation into functional and chemical properties of ingredients.  Consistently and confidently makes adaptations as necessary.  Consistent, accurate use of a time plan.  Records findings in a varied range of formats suitable to the experiment.	Confident and assured planning of investigation including comprehensive reasoning and predictions.  Confident investigation.  Accurate and detailed time plan showing ability to multi-task.  Makes changes/adaptations consistently well.  Records results in comprehensive range of formats to reflect every part of the investigation.	Excellent and thorough planning of investigation including comprehensive reasoning and predictions.  Excellent investigation.  Accurate and detailed time plan followed.  Makes changes/adaptations consistently well.  Records results in comprehensive and relevant range of formats to reflect every part of the investigation.	Exceptional, detailed planning of investigation including comprehensive reasoning and predictions.  Exceptional investigation.  Time plan faultless.  Makes changes/adaptations consistently well.  Records results in comprehensive and relevant range of formats to reflect every part of the investigation.
E3/3c	1/F/3	2/E/4	3/D/5	4/C-	5/C+	6/B	7/A	8/A*	9/A**

AO3: Food Preparation									
Limited understanding of the task.  Limited skills, and cooking methods.  Limited cooker management.	Limited understanding of the task.  Choice, cost, provenance.  Limited skills, and cooking methods.  Limited cooker management.  No/basic time plan with little reference to skills.  No/limited personal preparation and basic application of food hygiene and safety.  No/limited ability to organise time.  No/limited portion control.  Dishes of limited quality with some sensory feedback gained.	Limited/basic understanding of the task.  Choice, cost, provenance.  Limited and often basic skills, and cooking methods.  Basic cooker management.  Basic time plan with little reference to skills.  Limited personal preparation and basic application of food hygiene and safety.  Limited ability to organise time.  Basic portion control.  Dishes basic and limited quality with some sensory feedback.	Adequate understanding of the task.  Choice, cost, provenance.  Adequate justification of skills, demand, and cooking methods.  Adequate cooker management.  Adequate time plan plan with some sequencing/dovetailing.  Attempts to produce in time available.  Adequate application of food hygiene and safety.  Adequate portion control.  Dishes of adequate quality with sensory feedback gained.	Adequate/good understanding of the task.  Choice, cost, provenance.  Adequate/good justification of skills, demand, and cooking methods.  Adequate/good cooker management.  Adequate/good time plan with some sequencing/dovetailing.  Generally produces in time available.  Generally produces in time available.  Adequate/good application of food hygiene and safety.  Good portion control.  Dishes of adequate/good quality/styling with sensory feedback gained.	Good understanding of the task.  Choice, cost, provenance.  Good justification of skills, demand, and cooking methods.  Good cooker management  Good time plan with some sequencing/dovetailing.  Generally produces in time available.  Good application of food hygiene and safety.  Good portion control.  Dishes of good quality with good styling and sensory feedback gained.	Good/verygood understanding of the task.  Choice, cost, provenance.  Good/very good justification of skills, demand, and cooking methods.  Good cooker management  Good/very good time plan with some sequencing/dovetailing.  Generally produces in time available.  Good/very good application of food hygiene and safety.  Good/very good portion control.  Dishes of good/very good quality with good styling and sensory feedback gained.	Very good understanding of the task.  Choice, cost, provenance.  Very good justification of skills, demand, and cooking methods.  Very good cooker management.  Very good time plan with some sequencing/dovetailing.  Consistently produces in time available.  Very good application of food hygiene and safety.  Very good portion control.  Dishes of very good quality with very good styling and sensory feedback gained.	Very good/excellent understanding of the task.  Choice, cost, provenance.  Very good/excellent justification of skills, demand, and cooking methods.  Good cooker management  Very good/excellent time plan with some sequencing/dovetailing.  Consistently produces in time available, dovetails multiple components expertly.  Very good/excellent application of food hygiene and safety.  Very good/excellent portion control.  Dishes of excellent quality with sophisticated styling and excellent sensory feedback gained.	Excellent and advanced understanding of the task.  Choice, cost, provenance.  Excellent and advanced justification of skills, demand, and cooking methods.  Excellent cooker management.  Excellent plan with faultless sequencing/dovetailing.  Consistently produces in time available.  Excellent application of food hygiene and safety.  Excellent portion control.  Dishes of excellent quality with sophisticated and well executed styling and excellent sensory feedback gained.
E3/3c	1/F/3	2/E/4	3/D/5	4/C-	5/C+	6/B	7/A	8/A*	9/A**

AO4: Nutrition									
Produce a limited analysis with some inaccuracies and limited viewpoints.  Limited/basic review of observations with no clear conclusions and limited use of interpretation and evidence	Produce a limited analysis with some inaccuracies and limited viewpoints.  Limited/basic review of observations with no clear conclusions and limited use of interpretation and evidence.  Limited sensory analysis and evaluation of final dishes – limited reference to organoleptic properties.  Limited/basic review, limited analysis no clear suggestions for improvement.	Produce a limited analysis with some inaccuracies and limited viewpoints.  Basic review of observations with no clear conclusions and limited use of interpretation and evidence.  Limited/basic sensory analysis and evaluation of final dishes – limited reference to organoleptic properties.  Limited/basic review, limited analysis no clear suggestions for improvement.	Produce a basic analysis with some inaccuracies and limited viewpoints.  Basic review of observations with no clear conclusions and limited use of interpretation and evidence.  Basic sensory analysis and evaluation of final dishes – basic reference to organoleptic properties.  Basic review, limited analysis no clear suggestions for improvement.	Produce a basic/good analysis with some inaccuracies and limited viewpoints.  Basic/good review of observations with no clear conclusions and limited use of interpretation and evidence.  Basic/good sensory analysis and evaluation of final dishes – basic/good reference to organoleptic properties.  Basic/good review, limited analysis no clear suggestions for improvement	Produce a good analysis with a good range of viewpoints.  Good review of observations with some clear conclusions range of evidence used to evaluate task  Good sensory analysis and evaluation of final dishes – good reference to organoleptic properties  Good review, good analysis and some clear suggestions for improvement	Produce a good/very good analysis with a good range of viewpoints.  Good/very good review of observations with some clear conclusions range of evidence used to evaluate task.  Good/very good sensory analysis and evaluation of final dishes – good reference to organoleptic properties.  Good/very good review, good analysis and some clear suggestions for improvement.	Produce a very good analysis with a good range of viewpoints.  Very good review of observations with some clear conclusions range of evidence used to evaluate task.  Very good sensory analysis and evaluation of final dishes – Very good reference to organoleptic properties.  Very good review, good analysis and clear suggestions for improvement.	Produce a comprehensive analysis with a wide range of viewpoints.  Excellent review of observations with wide range of evidence used to draw clear conclusions.  Excellent and comprehensive analysis and evaluation which clearly shows reasoned judgements of final dishes.  Comprehensive review and analysis and comprehensive suggestions for improvement.	Produce a comprehensive analysis with a wide range of viewpoints.  Excellent review of observations with wide range of evidence used to draw clear conclusions.  Excellent and comprehensive analysis and evaluation which clearly shows reasoned judgements of final dishes.  Comprehensive review and analysis and comprehensive suggestions for improvement.
E3/3c	1/F/3	2/E/4	3/D/5	4/C-	5/C+	6/B	7/A	8/A*	9/A**