

Personalised Learning Checklist

Subject: Introduction to food preparation and nutrition: August - October



Year group: 7

Dear Student,

During the academy closure you have been set a number of tasks. The list below is the learning you should have completed. Your teacher will use the list to check your progress during this time. It may be used for short quizzes, mini assessments or homework. Where there are gaps your lessons will focus on improving your knowledge and understanding.

Objective	My personal RAG rating (Red- do not understand, Amber- some understanding, Green- I am confident)			Teacher RAG rating
Identify and understand what equipment is used for.	RED	AMBER	GREEN	
Know how to use equipment safely.	RED	AMBER	GREEN	
Why we cook food	RED	AMBER	GREEN	
Heat transfer methods	RED	AMBER	GREEN	
Parts of the cooker	RED	AMBER	GREEN	
Equipment for weighing/measuring	RED	AMBER	GREEN	
Accurately measure solids	RED	AMBER	GREEN	
Accurately measure liquids	RED	AMBER	GREEN	
Why our body needs food	RED	AMBER	GREEN	
Eat well guide	RED	AMBER	GREEN	
How to eat a balanced diet	RED	AMBER	GREEN	
Nutritional value of cereal foods (wheat, rice, oats, pasta, flour)	RED	AMBER	GREEN	
Primary processing methods	RED	AMBER	GREEN	
Five a day campaign	RED	AMBER	GREEN	
Seasonality	RED	AMBER	GREEN	
Nutritional value/classification of fruit and vegetables	RED	AMBER	GREEN	
Technical skills	RED	AMBER	GREEN	