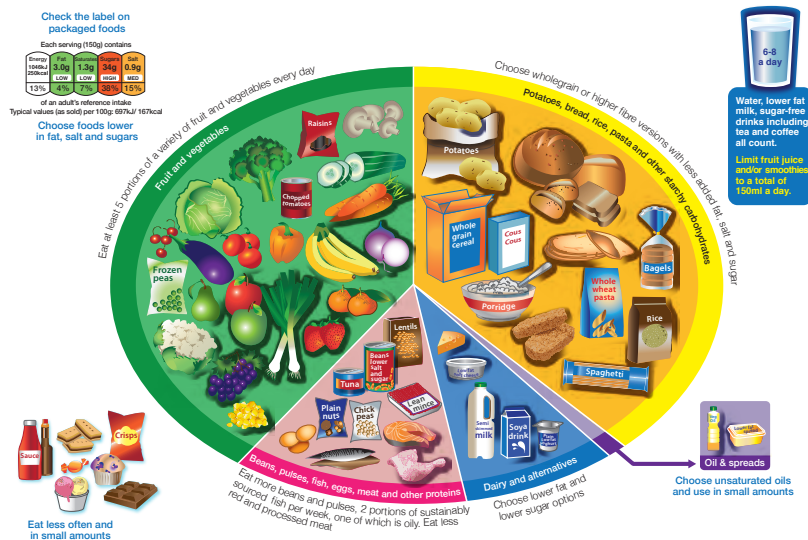


# KS3

# Specification

## 2020



## Food Preparation and Nutrition

## Stage Descriptors

RLT Stage Criteria	
<b>Stage 11</b>	<ol style="list-style-type: none"> <li>1. Show a thorough understanding of all areas of the topic, use a variety of primary and secondary research methods and record a detailed, but concise, well laid out and informative piece of work, showing how you have found the information, giving examples and explaining any key terms. You should also explore the topic in more depth, adding extra relevant information that has been found in addition to the required information while completing the research</li> <li>2. Produce a clear and detailed plan, effective dovetailing the different tasks involved, adding numerous control checks for hygiene safety and quality, showing the difference between the types of checks. Include accurate timings and serving suggestions</li> <li>3. A design showing knowledge of client's needs and creativity with combinations ingredients labelling all parts and adding descriptions for taste, texture appearance and smell and macronutrients, and micronutrients (vitamins and minerals) provided, and role in the body to all labels</li> <li>4. Show a wide range of skills using appropriate tools correctly and safely, correct errors during practical, to produce a precise, and high quality outcome fit for other people's consumption. You should also organise all tasks by prioritising and dovetailing them to carry out numerous different tasks simultaneously</li> <li>5. Evaluate your product, comment on fitness for purpose justifying your comments, and suggest future developments giving examples and reasons. Carry out a sensory analysis to produce a sensory profile. Carry out an in depth nutritional analysis of your product, identifying the macronutrients and the different minerals and vitamins (micronutrients) provided and their functions</li> </ol>
<b>Stage 10</b>	<ol style="list-style-type: none"> <li>1. Show a thorough understanding of all areas of the topic, use a variety of primary and secondary research methods and record a detailed well laid out and informative piece of work, showing how you have found the information, giving examples and explaining any key terms. Add extra information that has been found in addition to the required information while completing the research</li> <li>2. Produce a clear and detailed plan, showing some dovetailing of processes, adding numerous control checks for hygiene safety and quality, showing the difference between the types of checks. Include timings and serving suggestions</li> <li>3. A design showing knowledge and creativity with ingredients labelling all parts and adding descriptions for taste, texture appearance and smell and macronutrients, and the minerals provided, and role in the body to all labels</li> <li>4. Show a range of skills using appropriate tools correctly and safely, correct errors during practical, to produce a precise, and high quality outcome fit for other people's consumption. You should also organise the tasks by prioritising the order of working</li> <li>5. Evaluate your product, saying what worked well and what could be improved, suggest future developments giving examples and reasons. Carry out a sensory analysis of the product using sensory adjectives. Carry out a detailed nutritional analysis of your product, identifying the macronutrients and the different minerals provided</li> </ol>

## Stage Descriptors

<b>Stage 9</b>	<ol style="list-style-type: none"> <li>1. Show a thorough understanding of all areas of the topic, use a variety of research methods and record a detailed and informative piece of work, showing how you have found the information, giving examples and explaining any key terms. Add extra information that has been found in addition to the required information while completing the research</li> <li>2. Produce a clear and detailed plan, adding numerous control checks for hygiene safety and quality, showing the difference between the types of checks. Include timings and serving suggestions</li> <li>3. Design showing knowledge creativity with ingredients labelling all parts and adding descriptive for taste, texture appearance and smell and nutrients provided, and role in the body to all labels</li> <li>4. Use a wide range of tools correctly and safely correct errors during practical, to produce a precise, and well-presented outcome fit for other people's consumption</li> <li>5. Evaluate your product, saying what worked well and what could be improved giving examples and reasons. Carry out a sensory analysis of the product using descriptive words. Carry out a nutritional analysis of your product</li> </ol>
<b>Stage 8</b>	<ol style="list-style-type: none"> <li>1. Show a good understanding of all areas of the topic, use a variety of research methods and record a detailed and informative piece of work, showing how you have found the information, giving examples and explaining any key terms</li> <li>2. Produce a clear plan with detailed steps and add in some control checks for hygiene, safety and quality and identify the types</li> <li>3. A design showing creativity with ingredients labelling all parts and adding descriptive for taste, texture appearance and smell and nutrients provided to all labels</li> <li>4. Use a range of tools, ingredients and equipment safely and to a high standard, showing understanding of how they work</li> <li>5. Evaluate your product, saying what worked well and what could be improved giving examples and carry out a sensory analysis of the product using descriptive words. Record the nutrients provided</li> </ol>
<b>Stage 7</b>	<ol style="list-style-type: none"> <li>1. Show an understanding of all areas of the topic, use a variety of research methods and record a detailed and informative piece of work, showing how you have found the information</li> <li>2. Produce a step-by –step, plan including all of the steps involved to make your specific product</li> <li>3. A design using a variety of appropriate ingredients, labelling all parts and adding descriptive for taste, texture appearance and smell to all label</li> <li>4. Produce a completed product of good quality using a range of techniques</li> <li>5. Evaluate your product, saying what worked well and what could be improved and carry out a sensory analysis of the product using descriptive words</li> </ol>
<b>Stage 6</b>	<ol style="list-style-type: none"> <li>1. Produce detailed information using 2 different sources and giving examples to back up the information</li> <li>2. Produce a step-by-step plan showing the main steps in the right order for making the product</li> <li>3. A design using appropriate ingredients, labelling all parts and adding descriptive words to the labels</li> <li>4. Make a finished product with a good degree of accuracy</li> <li>5. Evaluate how you worked and how your product turned out, include descriptive words</li> </ol>

# Stage Descriptors

Stage 5	<ol style="list-style-type: none"><li>1. Find information about the topic, using one source and record information about it in your own words</li><li>2. Produce a step-by-step plan showing the main steps for making the product</li><li>3. A labelled design drawing showing and naming the main parts</li><li>4. Make a finished or almost finished product with some degree of accuracy</li><li>5. Evaluate your end product and suggest improvements</li></ol>
Stage 4	<ol style="list-style-type: none"><li>1. Find and record some information about the topic</li><li>2. Produce a plan showing some knowledge of the steps for making the product</li><li>3. Draw a design idea with labels</li><li>4. Make a product with support</li><li>5. Reflect on your practical and comment on the product you made</li></ol>
Stage 3	<ol style="list-style-type: none"><li>1. Find some information about the topic and record it</li><li>2. Produce a plan to show some of the steps for making the product</li><li>3. Design an appropriate product and label some of the parts</li><li>4. Make a product with some support</li><li>5. Describe what the product was like, and what went well</li></ol>
Stage 2	<ol style="list-style-type: none"><li>1. Find some information linked to the topic and copy it down</li><li>2. Produce some information about making the product</li><li>3. Design a product and label some of the parts</li><li>4. Make a product with support</li><li>5. Describe the product you have made</li></ol>
Stage 1	<ol style="list-style-type: none"><li>1. Find some information and copy it</li><li>2. Record something about making the product</li><li>3. Design a product</li><li>4. Help to make a product</li><li>5. Say what went well in the practical</li></ol>