



Food Technology Progress Grid

Grade	Nutrition	Food Choice	Food Science	Practical Skills
9	<ul style="list-style-type: none">- To have an in-depth understanding and be able to interpret the guidelines for a healthy diet, including nutritional needs for all key groups; the impact of the macro and micro nutrients of energy intake and output.- To know DRVs for specific life-stages and to have in-depth knowledge of diet-related health risks and special dietary needs.- Plan nutritionally sound diets for all key groups and interpret how these diets meet the needs of the groups in relation to nutritional needs.	<ul style="list-style-type: none">- To have an in-depth understanding and be able to interpret information on where and how foods are grown, reared or caught; how processing affects the sensory and nutritional properties of ingredients; how food and food security impacts on the environment, markets and communities.- Be able to discuss the development of culinary traditions in British and two other international cuisines.- Know the technological developments that claim to support better health and food production including fortification and modified foods.	<ul style="list-style-type: none">- To have an in-depth understanding and be able to interpret information on appropriate cooking methods used to conserve or modify nutritive value or improve palatability.- To be able to write in detail about the working characteristics, functional and chemical properties of ingredients to achieve a particular result.- Apply knowledge and understanding of; spoilage including enzymic action, mould growth, yeast	<ul style="list-style-type: none">- To have in-depth understanding and be able to interpret appropriate techniques based on an understanding of nutritional needs and food choices, food, different culinary traditions and cooking and food preparation whilst evaluating the results.- To be able to manage the time and cost of recipes effectively whilst developing the ability to review and make improvements to recipes by amending them to include the most appropriate ingredients, processes, cooking methods and portion sizes- To have an in-depth knowledge of food safety principles when buying, storing, preparing, cooking and serving food; and be able to apply them fully in practical



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		<ul style="list-style-type: none">- Have in-depth understanding of the effects of; sensory perception, sensory qualities, personal preferences, seasonality, religion, culture, ethical beliefs, medical conditions, achieving a balanced diet and cost when choosing foods.- Know the economic, environmental, ethical and socio-cultural influences on food availability, production processes, and diet and health choices.	<p>production and bacteria; the helpful properties of some bacteria in food production.</p> <ul style="list-style-type: none">- Know how heat is transferred to food through conduction, convection and radiation and how preparation and cooking affects the sensory and nutritional properties of food.- Understand and discuss the scientific principles underlying the preparation and cooking of food and know that different processes and different cooking methods have various effects on the properties of food.	<p>lessons.</p>
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<p>8</p>	<ul style="list-style-type: none">- To have an in-depth understanding of the guidelines for a healthy diet, including nutritional needs for all key groups; the impact of the macro and micro nutrients of energy intake and output.- To know DRVs for specific life-stages and to have in-depth knowledge of diet-related health risks and special dietary needs.- Be able to analyse diets and apply knowledge to plan a well-balanced diet for key groups.	<ul style="list-style-type: none">- To have an in-depth understanding on where and how foods are grown, reared or caught; how processing affects the sensory and nutritional properties of ingredients; how food and food security impacts on the environment, markets and communities.- Be able to discuss the development of culinary traditions in British and two other international cuisines.- Know the technological developments that claim to support better health and food production including fortification and modified foods.- Have in-depth understanding of the effects of; sensory perception, sensory qualities, personal preferences,	<ul style="list-style-type: none">- To have an in-depth understanding on appropriate cooking methods used to conserve or modify nutritive value or improve palatability.- To be able to write in detail about the working characteristics, functional and chemical properties of ingredients to achieve a particular result.- Apply knowledge and understanding of; spoilage including enzymic action, mould growth, yeast production and bacteria; the helpful properties of some bacteria in food production.	<ul style="list-style-type: none">- To have an in-depth understanding of the importance of managing the time and cost of recipes effectively whilst developing the ability to review and make improvements to recipes via the use of testing and sensory evaluation skills, by amending them to include the most appropriate ingredients, processes, cooking methods, portion sizes and to have considered the nutritional needs and food choices of target groups.- To have an in-depth knowledge of food safety principles when buying, storing, preparing, cooking and serving food; and be able to apply them fully in practical lessons.
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		<p>seasonality, religion, culture, ethical beliefs, medical conditions, achieving a balanced diet and cost when choosing foods.</p> <ul style="list-style-type: none">- Know the economic, environmental, ethical and socio-cultural influences on food availability, production processes, and diet and health choices.	<ul style="list-style-type: none">- Know how heat is transferred to food through conduction, convection and radiation and how preparation and cooking affects the sensory and nutritional properties of food.- Understand and discuss the scientific principles underlying the preparation and cooking of food and know that different processes and different cooking methods have various effects on the properties of food.	
7	<ul style="list-style-type: none">- To have a detailed understanding of the guidelines for a healthy diet, including nutritional needs for key groups; the impact of the	<ul style="list-style-type: none">- To have a detailed understanding on where and how foods are grown, reared or caught; how processing affects the sensory and	<ul style="list-style-type: none">- To have a detailed understanding on appropriate cooking methods used to conserve or modify	<ul style="list-style-type: none">- To have a detailed understanding of how to review, via the use of testing and sensory evaluation skills, and make improvements to recipes by amending them to



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	<p>macro and micro nutrients of energy intake and output.</p> <ul style="list-style-type: none">- To know DRVs for specific life-stages and to have an understanding of diet-related health risks and special dietary needs and be able to apply knowledge to plan a balanced diet for key groups.	<p>nutritional properties of ingredients; how food and food security impacts on the environment, markets and communities.</p> <ul style="list-style-type: none">- Be able to discuss the development of culinary traditions in British and two other international cuisines.- Know the technological developments that claim to support better health and food production including fortification and modified foods.- Have in-depth understanding of the effects of; sensory perception, sensory qualities, personal preferences, seasonality, religion, culture, ethical beliefs, medical conditions, achieving a balanced diet and cost when choosing foods.	<p>nutritive value or improve palatability.</p> <ul style="list-style-type: none">- To be able to write in detail about the working characteristics, functional and chemical properties of ingredients to achieve a particular result.- Apply knowledge and understanding of; spoilage including enzymic action, mould growth, yeast production and bacteria; the helpful properties of some bacteria in food production.- Know how heat is transferred to food through conduction, convection and radiation and how	<p>include the most appropriate ingredients, processes, cooking methods and portion sizes, as well as considering the nutritional needs and food choices.</p> <ul style="list-style-type: none">- To have a detailed knowlwdge of food safety principles when buying, storing, preparing, cooking and serving food; and be able to apply them fully in practical lessons.
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		<ul style="list-style-type: none"> - Know the economic, environmental, ethical and socio-cultural influences on food availability, production processes, and diet and health choices. 	<p>preparation and cooking affects the sensory and nutritional properties of food.</p> <ul style="list-style-type: none"> - Understand and discuss the scientific principles underlying the preparation and cooking of food and know that different processes and different cooking methods have various effects on the properties of food. 	
6	<ul style="list-style-type: none"> - To have a detailed understanding of the guidelines for a healthy diet, including nutritional needs for key groups; the impact of the macro and micro nutrients of energy intake and output. - To know DRVs for specific life-stages and to have an understanding of diet-related 	<ul style="list-style-type: none"> - To have a detailed understanding on where and how foods are grown, reared or caught; how processing affects the sensory and nutritional properties of ingredients; how food and food security impacts on the environment, markets and communities. 	<ul style="list-style-type: none"> - To have a detailed understanding on appropriate cooking methods used to conserve or modify nutritive value or improve palatability. - To be able to write in detail about the working characteristics, 	<ul style="list-style-type: none"> - To have a detailed understanding of nutritional needs and food choices when selecting recipes, including when making decisions about the ingredients, processes, cooking methods and portion sizes. - To use testing and sensory evaluation skills to improve recipes during the preparation and



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	<p>health risks and special dietary needs and be able to plan a diet to meet the needs of key groups.</p>	<ul style="list-style-type: none">- Be able to discuss the development of culinary traditions in British and two other international cuisines.- Know the technological developments that claim to support better health and food production including fortification and modified foods.- Have in-depth understanding of the effects of; sensory perception, sensory qualities, personal preferences, seasonality, religion, culture, ethical beliefs, medical conditions, achieving a balanced diet and cost when choosing foods.- Know the economic, environmental, ethical and socio-cultural influences on food availability, production processes, and diet and	<p>functional and chemical properties of ingredients to achieve a particular result.</p> <ul style="list-style-type: none">- Apply knowledge and understanding of; spoilage including enzymic action, mould growth, yeast production and bacteria; the helpful properties of some bacteria in food production.- Know how heat is transferred to food through conduction, convection and radiation and how preparation and cooking affects the sensory and nutritional properties of food.- Understand and discuss	<p>cooking process and be able to justify the improvements.</p> <ul style="list-style-type: none">- To have an in-depth knowledge of food safety principles when buying, storing, preparing, cooking and serving food; and be able to apply them fully in practical lessons.
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		health choices.	the scientific principles underlying the preparation and cooking of food and know that different processes and different cooking methods have various effects on the properties of food.	
5	<ul style="list-style-type: none">- To have an understanding of the guidelines for a healthy diet, including nutritional needs for key groups; the impact of the macro and micro nutrients of energy intake and output; to know DRVs for specific life-stages; to have an awareness of diet-related health risks and special dietary needs and be able to plan a suitable diet for key groups.	<ul style="list-style-type: none">- To have an understanding on where and how foods are grown, reared or caught; how processing affects the sensory and nutritional properties of ingredients; how food and food security impacts on the environment, markets and communities.- Be able to discuss the development of culinary traditions in British and two other international cuisines.- Know the technological developments that claim to	<ul style="list-style-type: none">- To have an understanding on appropriate cooking methods used to conserve or modify nutritive value or improve palatability.- To be able to write in detail about the working characteristics, functional and chemical properties of ingredients to achieve a particular result.- Apply knowledge and	<ul style="list-style-type: none">- To use testing and sensory evaluation skills to improve recipes during the preparation and cooking process safely and effectively by using a variety of food commodities, cooking techniques and equipment.- To have an understanding of the influence of lifestyle and consumer choice when developing a selection of meals and recipes.- To have a sound knowledge of food safety principles when buying, storing, preparing, cooking and serving food; and be able to



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		<p>support better health and food production including fortification and modified foods.</p> <ul style="list-style-type: none">- Have in-depth understanding of the effects of; sensory perception, sensory qualities, personal preferences, seasonality, religion, culture, ethical beliefs, medical conditions, achieving a balanced diet and cost when choosing foods.- Know the economic, environmental, ethical and socio-cultural influences on food availability, production processes, and diet and health choices.	<p>understanding of; spoilage including enzymic action, mould growth, yeast production and bacteria; the helpful properties of some bacteria in food production.</p> <ul style="list-style-type: none">- Know how heat is transferred to food through conduction, convection and radiation and how preparation and cooking affects the sensory and nutritional properties of food.- Understand and discuss the scientific principles underlying the preparation and cooking of food and know that different	<p>apply them fully in practical lessons.</p>
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			processes and different cooking methods have various effects on the properties of food.	
4	<ul style="list-style-type: none">- To have a sound understanding of the relationships between diet, nutrition and health including the impacts of poor diet and health choices on a person's health and well-being. To understand how peoples' nutritional needs change throughout life and apply this knowledge to plan a balanced diet.	<ul style="list-style-type: none">- To have a sound understanding on where and how foods are grown, reared or caught; how processing affects the sensory and nutritional properties of ingredients; how food and food security impacts on the environment, markets and communities.- Be able to discuss the development of culinary traditions in British and two other international cuisines.- Know the technological developments that claim to support better health and food production including fortification and modified foods.	<ul style="list-style-type: none">- To have a sound understanding on appropriate cooking methods used to conserve or modify nutritive value or improve palatability.- To be able to write in detail about the working characteristics, functional and chemical properties of ingredients to achieve a particular result.- Apply knowledge and understanding of; spoilage including enzymic action, mould growth, yeast production and	<ul style="list-style-type: none">- To demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment.- To have a sound understanding of the influence of lifestyle and consumer choice when developing a selection of recipes and be able to explain, justify and present ideas to others.- To have a sound knowledge of food safety principles when buying, storing, preparing, cooking and serving food; and be able to apply them fully in practical lessons.



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		<ul style="list-style-type: none">- Have in-depth understanding of the effects of; sensory perception, sensory qualities, personal preferences, seasonality, religion, culture, ethical beliefs, medical conditions, achieving a balanced diet and cost when choosing foods.- Know the economic, environmental, ethical and socio-cultural influences on food availability, production processes, and diet and health choices.	<p>bacteria; the helpful properties of some bacteria in food production.</p> <ul style="list-style-type: none">- Know how heat is transferred to food through conduction, convection and radiation and how preparation and cooking affects the sensory and nutritional properties of food.- Understand and discuss the scientific principles underlying the preparation and cooking of food and know that different processes and different cooking methods have various effects on the properties of food.	
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<p>3</p>	<ul style="list-style-type: none">- To have an understanding of all the main nutrients in foods and their impact on the body.- To understanding how diets change through life and be able to plan simple diets linked to nutritional needs.	<ul style="list-style-type: none">- To have an understanding of; the choices that people make about certain foods according to religion, culture, ethical beliefs or medical reasons; to be able to make informed choices about food and drink in order to achieve a varied and balanced diet.- To know where food comes from, how it can be processed and the effects of this.- Understand what is meant by food security and that this can have a significant impact on society.- Know what food fortification is and other technological developments.- Understand the factors that affect the availability of food; how food choice is affected by different factors.	<ul style="list-style-type: none">- To have an understanding on various cooking methods used to modify nutritive value or improve palatability.- To know about the working characteristics, functional and chemical properties of ingredients to achieve a particular result.- Be aware of; spoilage including enzymic action, mould growth, yeast production and bacteria; the helpful properties of some bacteria in food production.- Know how heat is transferred to food through conduction, convection and	<ul style="list-style-type: none">- To have an understanding of the influence of lifestyle and consumer choice when developing a selection of meals and recipes using a variety of cooking methods, and to be able to present these ideas to others.- To have a knowledge of food safety principles when buying, storing, preparing, cooking and serving food; and be able to apply them fully in practical lessons.
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			<p>radiation and how preparation and cooking affects the sensory and nutritional properties of food.</p> <ul style="list-style-type: none">- Understand and discuss the scientific principles underlying the preparation and cooking of food and know that different processes and different cooking methods have various effects on the properties of food.	
2	<ul style="list-style-type: none">- To have a basic understanding of foods and nutrients and their impact on the body and health.- To have an understanding where food comes from.	<ul style="list-style-type: none">- To have a basic understanding of how food is grown and the effects of using the senses when choosing food.	<ul style="list-style-type: none">- To have a basic understanding on the fact that time, temperature, moisture and the types of food affects bacterial growth.	<ul style="list-style-type: none">- To be able to plan, prepare and cook a selection of recipes with accuracy.- To have a basic knowledge of food safety principles when buying, storing, preparing, cooking and serving food; and be able to apply them fully in practical lessons.



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1	<ul style="list-style-type: none">- To know why the body needs food and the need for certain nutrients and have some knowledge of the impact of these on health.	<ul style="list-style-type: none">- To know that the sensory properties of food have an effect on food choice.	<ul style="list-style-type: none">- To know that there are different factors that affect bacterial growth.	<ul style="list-style-type: none">- To be able to prepare and cook a selection of recipes with some accuracy.- To have a basic knowledge of food safety principles when buying, storing, preparing, cooking and serving food; and be able to apply them in practical lessons.-
B	<ul style="list-style-type: none">- To know a number of different types of food and have some knowledge of the impact on their health.	<ul style="list-style-type: none">- To know a number of different sensory words and their meanings.	<ul style="list-style-type: none">- To know how to store food correctly and the importance of date-marks.	<ul style="list-style-type: none">- To be able to complete a range of processes with some support.- To have some basic knowledge of food safety principles when buying, storing, preparing, cooking and serving food; and be able to apply them in practical lessons with some support.
B1	<ul style="list-style-type: none">- To know some different types of food and have basic understanding of the impact on their health.	<ul style="list-style-type: none">- To know some different sensory words and their meanings.	<ul style="list-style-type: none">- To understand that food must be stored in different ways in order to keep it safe.	<ul style="list-style-type: none">- To be able to understand a recipe/method.- To have very basic knowledge of food safety principles when buying, storing, preparing, cooking and serving food; and



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				be able to apply them in practical lessons with support.
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