**Food KPIs for 2017-18 Year 7:**

**Term 1**

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| **KPI 1**  | **Food Hygiene and Safety:** |
| a | I can **List** the main stages of correct hand-washing |
| b | I can **Identify** the correct order of work for washing up |
| c | I can **Explain** why kitchens and cooks must be clean |
| **KPI 2** | **Nutrition and Healthy Eating:** |
| a | I can **State** the 5 sections of the Eatwell Guide |
| b | I can **Describe** what is meant by ‘balanced diet’ |
| c | I can **Evaluate** my own diet and suggest improvements |
| **KPI 3** | **Practical Cookery:** |
| a | I can **Demonstrate** the Bridge Hold and the Claw Grip |
| b | I can **Distinguish** between ‘best before’ and ‘use by’ dates on packaged food |
| c | I can **Select** correct colour of chopping boards for different food groups |

**Term 2:**

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| **KPI 1**  | **Food Hygiene and Safety:** |
| a | I can **Demonstrate** the correct procedures for hygienic hand washing |
| b | I can **Demonstrate** the correct procedures for washing and drying up  |
| c | I can **Identify** the correct cloths to use in the kitchen  |
| **KPI 2** | **Nutrition and Healthy Eating:** |
| a | I can **List** four basic guidelines for healthy eating |
| b | I can **Suggest** how an unhealthy diet could affect a person’s health  |
| c | I can **Evaluate** improvements I could make to my own diet |
| **KPI 3** | **Practical Cookery:** |
| a | I can **Demonstrate** the Bridge Hold and the Claw Grip when slicing and dicing vegetables/fruit |
| b | I can correctly **Demonstrate** the Rubbing-in Method |
| c | I can **Select** a variety of descriptive words when tasting food products |

**Term 3:**

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| **KPI 1** | **Food Hygiene and Safety:** |
| a | I can **Demonstrate** the correct use of the different colour chopping boards |
| b | I can **Explain** why we must wash our hands between handling different foods |
| c | I can **Demonstrate** correct procedures for cleaning up after cooking |
| **KPI 2** | **Nutrition and Healthy Eating:** |
| a | I can **Identify and Name** different farming methods used for food production |
| b | I can **Explain** how different farming methods might affect the quality of the food |
| c | I can **suggest** ways in which we can reduce the amount of sugar we eat |
| **KPI 3** | **Practical Cookery:** |
| a | I can correctly **Name and Use** 4 different spoons used in cookery |
| b | I can correctly **Name and Use** 3 different knives used in cookery |
| c | I can **Demonstrate** accurate weighing, measuring and shaping of ingredients |