**Food KPIs for 2017-18 Year 9:**

**Term 1:**

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| **KPI 1** | **Food Hygiene and Safety:** |
| a | I can **List** three ways to reduce the risk of cross-contamination |
| b | I can **Identify** three ways to prevent the risk of burns in a kitchen |
| c | I can **Explain** how, why and when you need to wash your hands when cooking |
| **KPI 2** | **Nutrition and Healthy Eating:** |
| a | I can **State** the 5 sections and the purpose of the Eatwell Guide |
| b | I can **Describe** what is meant by ‘Macronutrients’ and ‘Micronutrients’ |
| c | I can **Evaluate** your dietary intake when compared with the Eatwell Guide |
| **KPI 3** | **Practical Cookery:** |
| a | I can **Demonstrate** gelatinisation through making a Roux sauce |
| b | I can **Operate** electrical and hand-held equipment safely and efficiently |
| c | I can **Select** appropriate equipment and techniques for the production of high quality dishes |

**Term 2:**

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| **KPI 1** | **Food Hygiene and Safety:** |
| a | I can **Assess** correct personal hygiene procedures of other students |
| b | I can correctly **Identify** the uses of the different cloths used in the kitchen |
| c | I can **Explain** what cross-contamination is and how it can be avoided |
| **KPI 2** | **Nutrition and Healthy Eating:** |
| a | I can **State** the place of rice, bread and potatoes on the Eatwell Guide |
| b | I can **Describe** how to improve the health values of the dishes I make  |
| c | I can **Evaluate** the dishes I make when compared with the Eatwell Guide |
| **KPI 3** | **Practical Cookery:** |
| a | I can **Demonstrate** the Bridge Hold and Claw Grip when preparing vegetables |
| b | I can **Operate** the hob and grill efficiently to save energy |
| c | I can **Select** and **Evaluate** herbs and spices to enhance the flavour of dishes |

**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 **Explain** the place of Protein in our diet |
| b | I can **Explain** the place of Carbohydrates in our diet |
| c | I can **Recommend** ways to improve someone’s diet |
| **KPI 3** | **Practical Cookery:** |
| a | I can **Demonstrate** safe handling of food to avoid cross-contamination |
| b | I can **Describe** how heat is transferred to cook food |
| c | I can **Evaluate** systems for accurate portion control |