

FOOD TECHNOLOGY

Year 7	● Prestructural	I Unistructural	III Multistructural	Relational	Extended Abstract
Follow a Plan/Recipe	I need help to follow a recipe	I can follow one step at a time with assistance from the teacher.	I can do most steps unassisted from start to finish.	I am able to follow a recipe from start to finish and give an explanation of why I am doing certain things. Eg. Beating an egg to put air into it.	I am able to follow a recipe, help others within my group and the room when needed and suggest changes for improvement.
Nutrition	I need help identifying where foods fit into the healthy food pyramid.	I can identify one food from each of the section of the healthy food pyramid.	I can identify at least 2 foods from each section of the healthy food pyramid.	I can identify more than two foods from each section of the healthy food pyramid and relate their properties and give health reasons for eating them.	I can identify more than two foods from each section of the healthy food pyramid and relate their properties. I can suggest health concerns and benefits in regards to neglect or over indulgence of that particular food.
Following rules and routines	I need help to follow the rules and routines in the food technology	I can follow most of the rules in the food technology room.	I follow all the rules and routines in the food technology room.	I follow all the rules and routines in the food technology room and can suggest their relation to the health and safety aspect of Food Technology.	I follow all the rules and routines in the food technology room and can suggest reasons that they apply and can state what may happen if they are not followed.
The importance of Breakfast.	I need help to identify why breakfast is important.	I can identify one reason that breakfast is important.	I can identify 2 or more reasons that breakfast is important.	I can identify 2 or more reasons that breakfast is important and suggest suitable breakfast items and justify their suitability.	I can identify 2 or more reasons that breakfast is important and suggest suitable breakfast items and justify their suitability. I can state the impact on future health if suitable breakfast items are not consumed.
Reflecting	I need help to find strengths and weaknesses in my products and process.	I can find a strength and a weakness in my product and process	I can find strengths and weaknesses in my process and product.	I can find strengths and weaknesses in my process and product and can link the two together, and suggest ways to avoid or change it happening again.	I can find s link the two together, and suggest ways to avoid or change it happening again. I can identify strengths and weaknesses, elaborate on them and can suggest future improvements..