

Minimum Expected Standards

Healthy Living Year 7

Inside this booklet I will find a summary of all the knowledge and skills that the academy expects I to master in this subject by the end of the year.

These are the **minimum standards** that we set for all students. If I achieve this I should be on track to achieve at least a **grade 5/6 in my GCSE** in year 11.

During each half-term I will have regular **'learning checks'** to assess how well I am progressing against the expected standards. If I do not reach the expected standard in any of these checks I should be seeking help from my teacher, asking for study supports and using the materials on TGiSpace to help I improve.

If I wish to push myself further my teacher will also be sharing with I examples of how to go **beyond the expected standards**

**Tudor Grange Academy
Solihull**

Year 7 (First Half Term) - Basic Cooking Skills

Knowledge

- I know about healthy eating guidelines.
- I know how to select fresh ingredients.
- I can explain the function of starch when making a sauce.
- I know some specialist language or key terms.

Practical Skills

- I can use the oven and hob safely.
- I am able to follow the hygiene routine.
- I can use the bridge and claw technique safely.
- I can use a range of equipment to cook my dishes.
- I can clean my equipment and area to a high standard.

Creativity

- I can select a range of appropriate ingredients for my dishes.
- I can season my dish to improve the flavour.
- I can consider the final appearance of my dish.

Year 7 (Second Half Term) Multi Element Dishes

Knowledge

- I know about healthy eating guidelines.
- I know how to prevent cross contamination when preparing raw meat.
- I can explain the function of each ingredient when making pastry.
- I know some specialist language or key terms.

Practical Skills

- I can use the oven and hob safely.
- I can follow the hygiene routine.
- I can use the bridge and claw technique safely.
- I can use a range of equipment to cook my dishes.
- I can clean my equipment and area to a high standard.

Creativity

- I can select a range of appropriate ingredients for my dishes.
- I can garnish/decorate my dish to improve the presentation.
- I can consider the different textures to develop my dish.
- I can link my dishes to the eatwell guide and discuss modifications to improve my dishes.