# KS3 GRADE DESCRIPTORS

Target Grade: .....

Food & Nutrition

| | AO1 Knowledge & Understanding | AO2 Practical & Technical Skills | AO3 Analysis & Evaluation |
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| **Pre -Foundational** | Can identify some foods and ingredients. Can recognise basic healthy eating messages with support. | Can follow simple instructions with significant support. Can use basic equipment safely when directed. | Can state simple likes and dislikes about food products. |
| **Foundational** | Can describe basic nutrients, food safety rules and healthy eating using subject vocabulary with support. | Can demonstrate simple food preparation skills and follow recipes with support. Can apply hygiene and safety rules when reminded. | Can identify strengths and weaknesses of a product with support. |
| **Emerging** | Can explain basic principles of nutrition, healthy eating and food safety using appropriate terminology. Can identify factors affecting food choice. | Can independently prepare and cook simple dishes using basic techniques. Can work safely and hygienically. | Can give reasons for successes and improvements to a product. Can interpret simple sensory and practical outcomes. |
| **Developing** | Can explain the relationship between nutrition and health. Can describe food provenance, seasonality and sustainability using appropriate terminology. | Can apply a range of food preparation and cooking techniques when producing predominantly savoury dishes. Can select equipment appropriately with some support. | Can analyse practical outcomes and explain how ingredients, methods and techniques influence results. Can suggest realistic improvements. |
| **Secure** | Can apply knowledge of nutrition, healthy eating, food choice and food science when planning dishes. Can explain dietary needs of different groups. | Can confidently prepare and cook a range of predominantly savoury dishes using an increasingly complex repertoire of skills. Can work independently, safely and efficiently. | Can independently evaluate products using sensory, nutritional and technical criteria. Can justify decisions and propose evidence-based improvements. |
| **Advanced** | Can confidently apply KS3 knowledge and begin to make links to GCSE concepts including dietary needs, food science and consumer choices. Uses precise subject terminology consistently. | Can independently select ingredients, equipment and complex techniques to meet a design brief. Demonstrates a high level of accuracy, organisation and technical skill. | Can critically analyse and evaluate products in detail, drawing justified conclusions and making considered recommendations. Can evaluate against nutritional, sensory, economic and environmental factors. |