



AOLE	Subject	Year	Assessment
Health and Wellbeing	Food	7	Baseline Test

Progression Table		
Progression Indicator	Knowledge	Skills
Excelling	<p>I have a full comprehensive knowledge of the kitchen. I know all of the hygiene and safety procedures that keep you safe in the kitchen.</p> <p>I know all of the utensils that are used in the kitchen and give explanations for each item.</p> <p>I know all the different coloured chopping boards and know many examples of foods that can be chopped on each . .</p> <p>I know all 5 sections of the eat well plate and know a detailed amount of foods that can be identified in each food group, e.g. carbohydrates, proteins etc.</p>	<p>Identify healthy and safety requirements in the kitchen.</p> <p>Identify the correct food that should be used with the correct chopping board.</p> <p>Explain the use of the kitchen utensils in detail.</p> <p>Describe the eat well plate.</p> <p>Identify various different food groups.</p>
Advancing	<p>I know most of the hygiene and safety procedures in the kitchen.</p> <p>I know the coloured chopping boards and the type of food that should be cut on each one.</p> <p>I know most kitchen utensils that are used in the kitchen and give explanations for their use.</p> <p>I know the main food groups such as carbohydrates, fruits, proteins etc.</p>	<p>Identify healthy and safety procedures in the kitchen.</p> <p>Identify the correct food that should be used with the correct chopping board.</p> <p>Explain the use of the kitchen utensils.</p> <p>Describe the eat well plate.</p> <p>Identify various different food groups.</p>
Securing	<p>I know the basic procedures to prepare myself before working in the kitchen.</p> <p>I know some basic hygiene and safety rules, for example knowing what some of the coloured chopping boards should be used for.</p> <p>I know some kitchen utensils that are used in the kitchen.</p>	<p>Identify hygiene and safety procedures in the kitchen.</p> <p>Identify the correct food that should be used with the correct chopping board.</p> <p>Identify the different kitchen utensils.</p>
Beginning	<p>I know a limited amount of health and safety rules in the kitchen.</p> <p>I know a limited number of kitchen utensils that are used in the kitchen.</p>	<p>Identify healthy and safety requirements in the kitchen.</p>

