

# Personal Learning Checklist

This booklet will help you and your teacher track how you progress in your lessons. Make sure you keep it up-to-date and be truthful! It will help you improve.

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Start date: \_\_\_ / \_\_\_ / \_\_\_                      End date: \_\_\_ / \_\_\_ / \_\_\_

## Using this booklet

### Your first lesson

With your teacher, look through the different sections and highlight anything you have done before.

### During lessons


Highlight new knowledge learned or skills you demonstrate.  
Keep track of what you do – be honest.

### Your last lesson

Look at the different sections.  
What have you learned?  
How has your journey been?  
What new things do know or can do?


### Key

Colour in the sections to show your progress.

 = Not started

 = I understand some

 = I understand and can do

 = I understand and can help others

## My learning goals

In my food lessons, I want to learn:

- 
- 
- 
- 
- 

### Reflection

What did you achieve?

What did you learn?

- 
- 
- 
- 
-





















# Cooking

In Year 7, you will learn:



- to use a wide range of tools and equipment;
- to demonstrate a greater range of food preparation and cooking skills;
- to apply food safety and hygiene.

## Food skills

I can ...

	weigh		measure		peel		knead
	cut, slice and chop		grate		mix and combine		all-in one method
	use the grill		use the hob		use the oven		use raw meat or poultry
	whisk		rub-in		roll-out		shape
	divide		drain				







## Recipes

I can ...		Evidence
• follow a recipe		
• adapt a recipe		

## Cooking

I have cooked the following dishes:	By cooking these, I have learned:
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

## Food safety and hygiene













I can:			
• get ready to cook		• use equipment safely	
• be hygienic when cooking		• cook food so it is safe to eat	
• keep the kitchen clean and tidy		• use food labels to store food correctly	

# The Cooker




In Year 7, you will:

- Understand the different parts of the cooker and how each is used.
- Know the features of the kitchen, work safely within it
- Apply Food hygiene and health and safety rules.







## The Cooker

	Oven	Hob	Grill	Evidence
I can describe the hob, grill and oven				
I can set the temperature on the oven and the grill				
I can manage the temperature of the component I am using				
I can use the each part without spoiling the dish				





## Knife Skills 1

		Evidence
I can use the bridge and claw method and use equipment safely.		
I can use knife skills to make simple dishes such as coleslaw.		
I can clean up and avoid cross contamination etc		




## Managing High Risk Foods

	Me	Others	Evidence
I can identify which foods are classified as high risk			
I can explain a control method to reduce the risk for that food.			
I can apply the rules for safe practice and hygiene in the kitchen with consistency.			

## Knife skills 2

		Evidence
I can confidently use the bridge and claw method and use equipment safely.		
I can use knife skills to slice foods with accuracy		
I can use knife skills to slice foods with accuracy		
I can clean up and avoid cross contamination etc		

## Working in the Hospitality Industry

		Evidence
I can identify different ways people can eat outside		
I can suggest suitable dishes for Al Fresco dining		
I can recognise features of a menu		

## Ingredients







In Year 7, you will:

- explore where and how different ingredients are produced and processed;
- investigate and use local and regional ingredients;
- learn to use different ingredients when cooking.




### Know your food

	Fruit and veg	Potatoes and other starchy veg.	Cereals, pasta & rice	Milk, yogurt and cheese	Meat and fish	Eggs	Beans & pulses	Oils & spreads
I know the source								
I know about local and regional food								
I know how they are produced								
I know how they are processed								
I know how to use in cooking								

### Using food

I can ...		Evidence
• explore the source of different foods		
• investigate how food is processed		
• use food labels		
• plan and cook with local or regional foods		
• consider different food choices and needs		
• reduce food waste when cooking		

### Being creative

I can ...		Evidence
• match dishes for different needs		
• apply my knowledge of ingredients, healthy eating and cooking		
• make dishes, based on a brief		
• evaluate my dish and the way I worked, and suggest improvements	