



Monitoring my Progress	
Task	Date Completed
1	Score:
2	Score:
3	
4	
5	
6	

Links to Prior Learning

- **Understand and apply** the principles of nutrition and health cook a repertoire of mostly savoury dishes.
- Build on **practical skills** learnt in Yr7
- **Applying heat** in different ways when cooking food.
- Conduct **sensory testing**, season dishes and combine ingredients; adapting recipes understand the source, **seasonality** of a broad range of ingredients.

Key Words

Eatwell guide, sustainability, protein, carbohydrates, salmonella, cross contamination, perishable, seasonality, translucent, radiation, convection, conduction, sensory testing, quality control.