

Year 7 Food Curriculum Tracker Statements



Kings Langley School
Unlocking Potential for Life

Knowledge and Skills Tracker (On a rotation with other D&T subjects, so may be at a different time of year)			
Fruits, Vegetables and The Art of Soup Making	R	A	G
• I can wash my hands			
• I can prepare myself for cooking			
• I can wash up hygienically			
• I can dry up equipment			
• I can use the bridge/arch cut			
• I can use the claw cut			
• I can use a saucepan			
• I can use the hob safely			
• I can use a sharp knife safely			
• I can measure ingredients			
• I can use a zester			
• I can use a juicer			
• I can use a sieve			
• I can use the correct colour chopping board			
• I can store food correctly			
• I can use the rubbing in technique			
• I can use the oven safely			
• I can use a grater			
• I can use a peeler			
• I can make a dough			
• I can use a pastry cutter			
• I can work as a team			
• I can explain dissolving			
• I can explain enzymic browning			
• I can explain a convection current			
• I can explain shortening			
• I can explain raising agents			
• I can explain what happens to food when cooked in water			
• I can identify the sections of the eat well guide and the foods that go in them			
• I can accurately identify and spell a range of equipment and utensils used in food practical's			
• I can classify fruits and vegetables			
• I can list what information should be on a food label by law			
• I can make suggestions for improving my practical work			
• I can suggest alternative ingredients to modify my practicals to make them more healthy			
• I can identify the KLS Character traits used in my practical's.			



Knowledge and Skills Tracker			
Friendships	R	A	G
• I know the qualities of a good friend			
• I know why friendship is important			
• I understand some of the challenges of being in a friendship			
• I understand different ways of resolving conflict			
Gender Stereotyping	R	A	G
• I understand the meaning of the term stereotype			
• I understand the negatives of stereotypes			
Peer Pressure	R	A	G
• I know different types of bullying			
• I know what bullying means			
• I can identify ways to stop bullying			
Online Safety	R	A	G
• I understand what digital footprints are			
• I know the dangers of online media			
• I understand how they can use online media safely.			
Social Media	R	A	G
• I know how social media can influence people's behaviour and attitudes			
• I know the positives and negatives of using social media			
Why Do We Have Rules?	R	A	G
• I know what is meant by the term 'child participation'			
• I am able to explain the importance of children being heard and taken seriously			
• I can define human rights in my own words			
• I can explain how 'child participation' could be seen as a form of respect			