

YEAR 10 Food Technology 'I can do'...Statements



Kings Langley School
Unlocking Potential for Life

Term 1 - Phase 1: Food Safety	Check 1	Check 2	Final check
Lesson 1 - Preparing, Cooking and Serving food			
I can explain why personal hygiene can have an impact on the safety of food			
I can explain why food preparation hygiene can have an impact on the safety of food			
I can explain why the cooking of food can have an impact on the safety of food			
I can explain why the cooling of food can have an impact on the safety of food			
I can explain why the serving of food can have an impact on the safety of food			
I can explain why it is important to defrost high risk foods properly			
I can explain why foods cannot be left within the danger zone temperatures			
Lesson 2 - Food Hygiene Practical			
I can prepare myself to cook in a hygienic manner			
I can wash my hands for the correct amount of time to ensure I am ready to cook			
I can wear an apron and tie up my hair to ensure I am hygienic whilst cooking			
I can store foods so that they are not contaminated with dust or pests			
I can store food at the correct temperatures			
I can use a thermometer to check the temperature of foods			
I can reheat foods to a safe temperature			
I can cool foods safely to the correct temperature to be stored			
I can wash up and dry my equipment in a hygienic manner			
I can store equipment hygienically			
Lesson 3 – Buying and Storing food			
I can explain the difference between best-before dates and use-by dates			
I can explain what to look for when buying fresh meat			
I can explain what to look for when buying fresh fish			
I can explain what to look for when buying fresh vegetables			
I can explain what to look for when buying fresh fruit			
I can explain the different ways to store food and which foods are suitable for each type of storage			
I can explain which materials are appropriate to use for food storage			

Lesson 4 – Food Contamination			
I can explain the three types of food contamination			
I can explain the types of pathogenic bacteria, what symptoms they cause and what foods they effect			
I can name the high risk foods and explain why they are considered high risk			
I can explain the difference between moulds and yeasts			
I can explain the process of enzymic browning			
Lesson 5 – High Risk food Practical			
I can use my knowledge of hygiene during practical lessons to prepare food safely			
I can use my knowledge of hygiene during practical lessons to cook food safely			
I can use my knowledge of hygiene during practical lessons to store food safely			
Lesson 6 – The use of Micro-organisms in food			
I can explain the use of micro-organisms in the production of cheese			
I can explain the use of micro-organisms in the production of yogurt			
I can explain the use of micro-organisms in the production of bread			
Lesson 7 – Bread and Cheese Making Practical			
I can make cheese from scratch using milk and lemon juice			
I can make and shape a dough			
I can prepare, cook and store food hygienically			
Lesson 8 – Preservation Methods			
I can explain why some foods need to be preserved			
I can explain the preservation methods using high temperatures			
I can explain the preservation methods using low temperatures			
I can explain the preservation methods that remove moisture			
I can explain the preservation method that use chemicals			
I can explain the preservation method that use a controlled atmosphere			
I can explain the preservation method of irradiation			
I can explain the process of canning			
I can explain the process of pasteurisation when preserving milk			
I can explain the process of sterilisation when preserving milk			
I can explain the process of UHT (Ultra heat treatment) when preserving milk			
Lesson 9 – Assessment			
I can apply my knowledge in answers to a range of questions			
I can highlight areas of strength and any gaps in their understanding of this unit			