



I Can Statements - Year 8 Food Technology:

Unit/Topic Overview	Pre-taught Vocabulary	
In Year 8, students should be able to demonstrate their understanding of health and safety in the food room, how to clean their equipment and area and how to use equipment safely. They revisit how to assess when mince/chicken is cooked and the importance of health and safety when cooking raw meat. They revisit measuring using teaspoons, tablespoons and a measuring jug. They also revisit how to use the hob, grill and oven safely. They have practical lessons where they make a specific dish (first half-term), one skills lesson, where they focus on particular skills etc that supports their understanding and independence in the practical lessons and they complete three diploma lessons (second half-term) where they make a starter, main and dessert. By the end of the first half-term, students should be able to demonstrate an excellent understanding of health and safety, cleaning up, how to use equipment safely, how to use the hob and oven safely/confidently, how to assess when mince/chicken is cooked, how to work safely with raw meat, creaming effectively and be able to assess when their food in the oven is ready. Students should also be able to follow the method completely independently and demonstrate independence throughout the lesson. By the end of the term, students should be able to demonstrate an excellent understanding of health and safety, cleaning up, using the hob and oven and following the method independently. Students should be able to demonstrate full independence in their diploma lessons and produce good/excellent starters, mains and desserts.	Cross-contamination	Lightly browned
	Tender	Combine
	Cream/Creaming	Sift
	Beat (the egg)	Time management

RAG Rating:		Start	End	Teacher
1.	Skills Lesson = I can independently slice/dice a pepper, following the correct method.			
2.	Chilli Con Carne = I can independently assess when mince is cooked. I can independently use a tin opener.			
3.	Fajitas = I can chop my onions/peppers within the time frame. I can independently assess when chicken is cooked.			
4.	Burgers = I can demonstrate being safe when handling raw meat. I can make three patties that stay together, once cooked.			
5.	Pastry Cheese Triangles = I can create six even pastry triangles. I can finish cooking within the time frame.			
6.	Cookies = I can independently demonstrate creaming. I can independently assess when my cookies are baked.			
7.	Brownies = I can make my brownies within 15 minutes. I can independently assess when my brownies are baked.			