Oldbury Wells

KS3 Progression Grid - FPN

	STRAND 1 Understanding & Knowledge	**STRAND 2** Making & Evaluating	**STRAND 3** Food Safety & Hygiene
9	• Critically evaluates food, diet and lifestyle choices • Justifies decisions using integrated knowledge of nutrition, cooking principles, food labelling, sustainability, hydration, physical activity. • Applies knowledge in complex or unfamiliar contexts • Considers long-term health impact	• Creates, applies and critically evaluates a range of dishes independently, justifying adaptations using nutritional, sensory and practical evidence.	• Applies, analyses and critically evaluates food safety decisions in unfamiliar contexts, justifying actions using secure scientific understanding.
8	• Evaluates diets, food choices and products. • Uses evidence from; nutrition information, food labels, sustainability factors, physical activity guidance • Justifies improvements to meet; health needs, lifestyle needs, environmental needs	• Plans, applies and evaluates cooking processes to produce dishes for specific needs, suggesting well-justified improvements.	• Applies and evaluates food safety principles across the food chain, justifying practices using scientific reasoning.
7	• Analyses diets and food choices, explaining how nutrition, cooking methods, food origins, labelling, hydration and activity interact to affect health, with some justified decisions.	• Applies and evaluates a wide range of techniques independently, analysing outcomes and refining recipes for health, sustainability or appeal.	• Applies and analyses food safety practices, evaluating risks and justifying safe decisions during preparation and cooking.
6	• Explains and applies healthy eating guidance, energy balance, hydration and food choice principles, including food origins, production and labelling, to make informed decisions.	• Applies a range of techniques independently and evaluates outcomes, justifying recipe adaptations.	• Applies food safety principles independently, analysing risks and selecting appropriate control measures.
5	• Analyses meals and food choices using the Eatwell Guide, nutrient knowledge, portion size and basic label information, explaining how these support health and wellbeing.	• Applies and analyses a broad range of preparation and cooking techniques, suggesting improvements to nutrition, flavour or presentation.	• Applies and explains food safety routines, analysing how unsafe practices can cause contamination or illness.
4	• Applies healthy eating advice to explain how balanced diets, safe cooking practices, food choice and activity contribute to health, using simple label and provenance knowledge.	• Applies appropriate techniques to prepare a range of dishes and evaluates outcomes with simple adaptations.	• Applies and explains hygiene routines and safe practices with increasing independence.
3	• Explains that a healthy diet requires balance, variety, safe food preparation, hydration and activity, and describes where food comes from and how choices are made.	• Uses and applies a growing range of techniques and describes strengths and weaknesses of outcomes.	• Applies basic food safety routines accurately, following guidance.
2	• Identifies food groups, simple healthy habits, basic food origins and the importance of drinking water, recognising that choices affect health.	• Applies basic preparation skills with increasing independence and identifies what went well.	• Follows and applies basic hygiene routines with support.
1	• Recognises that; food is needed for health, water is essential, people eat a variety of different foods.	• Recognises and uses basic tools and techniques with support.	• Recognises the importance of hygiene and safe food handling.