

KS3 Progress Tracker (year 7) for Food Preparation and Nutrition

	Knowledge	Skills
Strong	Demonstrates a secure understanding of healthy eating principles, including the Eatwell Guide, nutrients and their functions. Explains food safety and hygiene requirements confidently. Understands the reasons behind food preparation methods and can make informed choices about ingredients and nutrition.	Works independently and confidently using a wide range of food preparation techniques safely and accurately. Selects appropriate equipment without prompting. Produces high-quality dishes showing precision, good organisation and effective time management. Evaluates outcomes thoughtfully and suggests improvements.
Confident	Demonstrates a good understanding of healthy eating, key nutrients and food hygiene. Can describe how ingredients contribute to a balanced diet and explain basic food preparation processes. Uses subject-specific vocabulary accurately in most situations.	Uses a range of food preparation skills safely with occasional guidance. Follows recipes accurately and selects suitable equipment. Produces successful dishes that meet most of the intended outcomes. Evaluates work and identifies strengths and areas for improvement.
Developing	Demonstrates a basic understanding of healthy eating, food groups and simple hygiene rules. Can identify some nutrients and their functions but explanations may lack detail. Shows emerging understanding of why foods are prepared in different ways.	Can follow simple recipes with support. Uses basic equipment safely when reminded. Demonstrates some food preparation skills but accuracy and consistency may vary. Requires guidance with organisation, time management and evaluation.
Emerging	Demonstrates limited understanding of healthy eating, nutrients and food hygiene. Can identify a small number of food groups or ingredients but struggles to explain their purpose or importance. Requires significant support to recall key knowledge.	Requires frequent support to follow recipes and use equipment safely. Demonstrates a limited range of food preparation skills and may struggle to complete tasks independently. Needs support with organisation, practical techniques and evaluating outcomes.