

KS3 Progress Tracker (year 8) for Food Preparation and Nutrition

	Knowledge	Skills
Strong	Demonstrates a thorough understanding of healthy eating and can explain how dietary needs vary throughout life. Confidently explains the functions and sources of nutrients and applies this knowledge when planning dishes. Understands food provenance, sustainability, food waste and the scientific principles behind food preparation. Uses subject-specific vocabulary accurately and consistently.	Works independently and efficiently, selecting appropriate ingredients, equipment and methods without support. Demonstrates a wide range of food preparation techniques with precision and confidence. Produces high-quality dishes that meet the brief and shows excellent organisation, time management and hygiene. Evaluates dishes critically and suggests detailed improvements based on nutritional, sensory and practical considerations.
Confident	Demonstrates a secure understanding of nutrition, healthy eating and food choices. Can explain the functions of most nutrients and identify suitable food sources. Understands the importance of food safety, provenance and sustainability. Uses subject terminology appropriately in most contexts.	Demonstrates a good range of practical skills safely and accurately. Selects appropriate equipment and follows recipes with minimal support. Produces successful dishes that meet most of the intended outcomes. Maintains good hygiene and organisation and can evaluate work with some detail.
Developing	Demonstrates a basic understanding of nutrition, food choices and food safety. Can identify nutrients and some of their functions but explanations may lack detail or accuracy. Shows some understanding of food provenance and sustainability but may struggle to apply knowledge independently.	Demonstrates a developing range of practical skills and can complete tasks with guidance. Uses equipment safely when reminded and follows recipes with support. Produces dishes that are mostly successful but may show inconsistencies in quality, presentation or timing. Evaluations identify simple strengths and weaknesses.
Emerging	Demonstrates limited understanding of nutrition, healthy eating and food safety. Can identify some nutrients or food groups but struggles to explain their roles. Requires support to understand links between food choices, health and sustainability.	Requires regular support to complete practical tasks safely and effectively. Demonstrates a limited range of food preparation skills and may lack confidence when using equipment. Organisation and time management are underdeveloped. Requires significant guidance to evaluate outcomes and identify improvements.