

KS3 Progress Tracker (year 9) for Food Preparation and Nutrition

	Knowledge	Skills
Strong	Demonstrates a comprehensive understanding of nutrition and can confidently apply knowledge of macronutrients, micronutrients, and dietary needs across different life stages. Explains in detail how ingredients function in recipes and how scientific principles affect food outcomes. Shows strong understanding of food provenance, sustainability, ethical choices, and the impact of diet on health. Uses specialist vocabulary fluently and accurately.	Works with a high level of independence, confidence, and precision across a wide range of practical tasks. Selects and adapts recipes appropriately, demonstrating creativity and technical control. Produces consistently high-quality dishes with excellent presentation, timing, and organisation. Applies food science principles effectively in practical work. Evaluates and justifies outcomes using detailed sensory, nutritional, and technical language, suggesting well-reasoned improvements.
Confident	Demonstrates a secure understanding of nutrition, food science and healthy eating. Can explain the role of nutrients and how they contribute to health and recipes. Understands food provenance, sustainability, and the impact of food choices on individuals and the environment. Uses subject terminology accurately in most contexts.	Demonstrates a broad range of practical skills with accuracy and good safety awareness. Follows and adapts recipes with some independence. Produces successful dishes with generally good presentation and organisation. Evaluates work with clear explanations of strengths and areas for improvement, using some technical and sensory vocabulary.
Developing	Demonstrates a developing understanding of nutrition, food science and healthy eating. Can identify nutrients and describe some of their functions but may struggle to apply this knowledge consistently. Shows basic awareness of sustainability and food provenance. Uses some subject vocabulary but may lack precision or consistency.	Demonstrates a developing range of practical skills and requires guidance for more complex tasks. Follows recipes with support and can use equipment safely when reminded. Produces dishes that are generally successful but may lack consistency in presentation, timing or accuracy. Evaluations are simple and often descriptive rather than analytical.
Emerging	Demonstrates limited understanding of nutrition, food science and healthy eating. Can identify basic food groups and some nutrients but struggles to explain their function or importance. Shows minimal understanding of sustainability or food provenance. Limited use of subject vocabulary.	Requires significant support to complete practical tasks safely and effectively. Demonstrates a limited range of food preparation skills and may struggle with accuracy, organisation, and independence. Produces inconsistent outcomes. Evaluations are minimal and rely heavily on prompts.