GCSE CATERING: PERSONALISED LEARNING CHECK	KLIST			
Mos A	Red	Amber	Green	<b>Revised</b> Tick ☑
Area of Study: Commodities - Cereals				
I know the value of cereals in the diet? I can name the main nutrients				
I understand and know how to store cereals correctly to avoid food contamination	M			
I understand and know how to use cereals	2/3			
I know where cereals come from and how they are processed		O.C.		
I can cook dishes using cereals	3 1		2)	
I understand and know what occurs when heat is transferred to cereals	Sale Control	À	45	
I understand and know what different chemical reactions		Vice	37	
cereals have as a result of given actions	ARI T	ice con	2	2
I can classify cereals	The		· ccc	3
I can demonstrate how to use cereals	2000	3 7	7	4
I am most confident with the following topic/topics:  I have struggled most with the following topic/topics:				
1:00	Red	Amber	Green	<b>Revised</b> Tick ☑
Area of Study: Commodities - Cheese				
I know the value of cheese in the diet? I can name the main nutrients	F: 13			
I understand and know how to store cheese correctly to avoid food contamination				



use cheese safely
I know where cheese comes from and how it is
processed
I can cook both sweet and savoury dishes using cheese
I understand and know what occurs when heat is
transferred to cheese
I understand and know what different chemical reactions
cheese has as a result of given actions
I can classify cheese
I can demonstrate how to cut and prepare cheese
I am most confident with the following topic/topics:
I have struggled most with the following topic/topics:
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Red Amber Green Revise Tick
Area of Study: Commodities - Eggs
Tick ⊠
Area of Study: Commodities - Eggs  I know the value of Eggs in the diet? I can name the main
Area of Study: Commodities - Eggs  I know the value of Eggs in the diet? I can name the main nutrients  I understand and know how to store eggs correctly to avoid food
Area of Study: Commodities - Eggs  I know the value of Eggs in the diet? I can name the main nutrients  I understand and know how to store eggs correctly to avoid food contamination  I understand and know how to use correct techniques to prepare eggs safely
Area of Study: Commodities - Eggs  I know the value of Eggs in the diet? I can name the main nutrients  I understand and know how to store eggs correctly to avoid food contamination  I understand and know how to use correct techniques to
Area of Study: Commodities - Eggs  I know the value of Eggs in the diet? I can name the main nutrients  I understand and know how to store eggs correctly to avoid food contamination  I understand and know how to use correct techniques to prepare eggs safely



I understand and know what occurs when heat is				
transferred to eggs				
I understand and know what different chemicals				
reactions eggs have as a result of given actions (fresh,				
dried, pickled)				
I understand and know how to beat, whisk, bind, coat,				
set, glaze, with eggs				
I can demonstrate how to beat, whisk, bind, coat, set,	B			
glaze, with eggs	J.W			
I am most confident with the following topic/topics:	3	AU		
द्वाराधिक	28		9	
I have struggled most with the following topic/topics:	C.	<b>3</b> .	1	
	N. C.	Just Coll	311	
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	Red	Amber	Green	Revised Tick ☑
Area of Study: Commodities - Fish	Red	Amber	Green	33
Area of Study: Commodities - Fish  I know the value of Fish in the diet? I can name the main nutrients.	Red	Amber	Green	33
I know the value of Fish in the diet? I can name the main	Red	Amber	Green	33
I know the value of Fish in the diet? I can name the main nutrients.  I understand and know how to store fish correctly to avoid food contamination	Red	Amber	Green	33
I know the value of Fish in the diet? I can name the main nutrients.  I understand and know how to store fish correctly to avoid food contamination  I understand and know how to use correct techniques to	Red	Amber	Green	33
I know the value of Fish in the diet? I can name the main nutrients.  I understand and know how to store fish correctly to avoid food contamination	Red	Amber	Green	33
I know the value of Fish in the diet? I can name the main nutrients.  I understand and know how to store fish correctly to avoid food contamination  I understand and know how to use correct techniques to	Red	Amber	Green	33
I know the value of Fish in the diet? I can name the main nutrients.  I understand and know how to store fish correctly to avoid food contamination  I understand and know how to use correct techniques to prepare fish safely	Red	Amber	Green	33
I know the value of Fish in the diet? I can name the main nutrients.  I understand and know how to store fish correctly to avoid food contamination  I understand and know how to use correct techniques to prepare fish safely  I know where fish comes from and how it is processed	Red	Amber	Green	33
I know the value of Fish in the diet? I can name the main nutrients.  I understand and know how to store fish correctly to avoid food contamination  I understand and know how to use correct techniques to prepare fish safely  I know where fish comes from and how it is processed  I can cook dishes using fish	Red	Amber	Green	33
I know the value of Fish in the diet? I can name the main nutrients.  I understand and know how to store fish correctly to avoid food contamination  I understand and know how to use correct techniques to prepare fish safely  I know where fish comes from and how it is processed  I can cook dishes using fish  I understand and know what occurs when heat is	Red	Amber	Green	33
I know the value of Fish in the diet? I can name the main nutrients.  I understand and know how to store fish correctly to avoid food contamination  I understand and know how to use correct techniques to prepare fish safely  I know where fish comes from and how it is processed  I can cook dishes using fish  I understand and know what occurs when heat is transferred to fish	Red	Amber	Green	33



I understand and know how to fillet a fish				
I can demonstrate how to fillet a fish				
I am most confident with the following topic/topics:				
I have struggled most with the following topic/topics:				
		AQ		
विकितियाः	Red	Amber	Green	<b>Revised</b> Tick ☑
Area of Study: Commodities - Fruit				
I know the value of Fruit in the diet? I can name the main nutrients			S. J.	
I understand and know how to store fruit correctly to avoid food contamination		J. C.C.C.C.C.C.C.C.C.C.C.C.C.C.C.C.C.C.C		
I understand and know how to use correct techniques to				3
prepare fruit safely	6000	3 6	5	4
I know where fruit comes from and how it is processed	A C	3		
I can cook sweet and savoury dishes with fruit				
I understand and know what occurs when heat is transferred to fruit	E Co	5		
I understand and know what different chemical reactions	CO		8	
fruit has as a result of given actions (fresh, frozen, dried	EON			
canned)	N	Ha		
I can classify fruit				
I can demonstrate how to use fruit in different ways		10	1	
	EI		( )	
I have struggled most with the following topic/topics:				



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Red	Amber	Green	<b>Revised</b> Tick ☑
Area of Study: Commodities - Meat			
I know the value of Meat in the diet? I can name the main nutrients.	3		
I understand and know how to store meat correctly to avoid food contamination	10		
I understand and know how to use correct techniques to prepare meat safely	100	B	
I know where meat comes from and how it is processed		1	
I can cook dishes using meat		400	<u>a</u>
I understand and know what occurs when heat is transferred to meat	in the second	32	Ź
I understand and know what different chemical reactions			3
meat has as a result of given actions (fresh, frozen, dried, smoked, canned)		7	4
I understand and know how to portion a chicken			
I can demonstrate how to portion a chicken			
I am most confident with the following topic/topics:			
I have struggled most with the following topic/topics:			
Red	Amber	Green	Revised Tick ☑
Area of Study: Commodities – Milk and Dairy			I TOK EL



I know the value of Milk and Dairy in the diet? I can name the
main nutrients
I understand and know how to store milk and dairy products
correctly to avoid food contamination
I understand and know how to use correct techniques to
prepare milk and dairy products safely
I know where Milk comes from and how it is processed
into dairy products
I can cook sweet and savoury dishes using milk and dairy
products
I understand and know what occurs when heat is
transferred to milk and dairy products
I understand and know what the different chemical
reactions milk and dairy products have as a result of
given actions (fresh, frozen, dried, canned, heat
treatments)
I can classify milk and dairy products
I can demonstrate how to use milk and dairy products
I am most confident with the following topic/topics:
I have struggled most with the following topic/topics:
(88)
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A MEN
Red Amber Green Revised
Tick ☑
Area of Study: Commodities - Vegetables
I know the value of vegetables in the diet? I can name the main
nutrients
I understand and know how to store vegetables correctly to
avoid food contamination



I understand and know how to use correct techniques to	
prepare vegetables safely	
I know where vegetables come from and how they are	
processed	
processed	
I can cook sweet and savoury dishes using vegetables	
I understand and know what occurs when heat is	
transferred to vegetables	
I understand and know what different chemical reactions	
vegetables have as a result of given actions (fresh,	
frozen, dried, canned)	
I can classify vegetables	
I can demonstrate how to prepare vegetables	
I am most confident with the following topic/topics:	
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I have struggled most with the following topic/topics:	
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