

## GCSE CATERING: PERSONALISED LEARNING CHECKLIST

	Red	Amber	Green	Revised Tick <input checked="" type="checkbox"/>
<b>Area of Study: Commodities - Cereals</b>				
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				
I understand and know how to use cereals				
I know where cereals come from and how they are processed				
I can cook dishes using cereals				
I understand and know what occurs when heat is transferred to cereals				
I understand and know what different chemical reactions cereals have as a result of given actions				
I can classify cereals				
I can demonstrate how to use cereals				
<i>I am most confident with the following topic/topics:</i>				
<i>I have struggled most with the following topic/topics:</i>				
	Red	Amber	Green	Revised Tick <input checked="" type="checkbox"/>
<b>Area of Study: Commodities - Cheese</b>				
I know the value of cheese in the diet? I can name the main nutrients				
I understand and know how to store cheese correctly to avoid food contamination				



I understand and know how to use correct techniques to 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>I am most confident with the following topic/topics:</i>				
<i>I have struggled most with the following topic/topics:</i>				
	Red	Amber	Green	Revised Tick <input checked="" type="checkbox"/>
<b>Area of Study: Commodities - Eggs</b>				
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 know where eggs come from and how they are processed				
I can cook dishes using eggs				




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, glaze, with eggs				
<p><i>I am most confident with the following topic/topics:</i></p> <p><i>I have struggled most with the following topic/topics:</i></p>				
	Red	Amber	Green	Revised Tick <input type="checkbox"/>
<b>Area of Study: Commodities - Fish</b>				
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				
I understand and know what different chemical reactions fish has as a result of given actions (fresh, frozen, dried, smoked, canned)				





I understand and know how to fillet a fish				
I can demonstrate how to fillet a fish				
<i>I am most confident with the following topic/topics:</i>				
<i>I have struggled most with the following topic/topics:</i>				
	Red	Amber	Green	Revised Tick <input checked="" type="checkbox"/>
<b>Area of Study: Commodities - Fruit</b>				
I know the value of Fruit in the diet? I can name the main nutrients				
I understand and know how to store fruit correctly to avoid food contamination				
I understand and know how to use correct techniques to prepare fruit safely				
I know where fruit comes from and how it is processed				
I can cook sweet and savoury dishes with fruit				
I understand and know what occurs when heat is transferred to fruit				
I understand and know what different chemical reactions fruit has as a result of given actions (fresh, frozen, dried canned)				
I can classify fruit				
I can demonstrate how to use fruit in different ways				
<i>I am most confident with the following topic/topics:</i>				
<i>I have struggled most with the following topic/topics:</i>				



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



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>I am most confident with the following topic/topics:</i>				
<i>I have struggled most with the following topic/topics:</i>				
	Red	Amber	Green	Revised Tick <input checked="" type="checkbox"/>
<b>Area of Study: Commodities - Vegetables</b>				
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				
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				
<b><i>I am most confident with the following topic/topics:</i></b>				
<b><i>I have struggled most with the following topic/topics:</i></b>				

