

Level 1 /2 Hospitality and Catering: PERSONALISED LEARNING CHECKLIST

	Red	Amber	Green	Revised Tick <input checked="" type="checkbox"/>
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				
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				
Area of Study: Commodities Cheese				
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				
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 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 chemical 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				
Area of Study: Commodities Fish				
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				

Area of Study: Commodities Fruit

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				

Area of Study: Commodities meat

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				
Area of Study: Commodities milk and dairy				
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				
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				
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>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 type="checkbox"/>
Area of Study: Cooking and Food Preparation - Batters				
I can identify the basic ingredients used in making a Batter				
I understand, know and can explain what a Batter is				
I can list dishes made from Batters				
I can list Three types of Batter				
I can demonstrate how to make a Thin Batter				
I can demonstrate how to make a Thick Batter				
I can demonstrate how to make a Tempura Batter				

Area of Study: Cooking and Food Preparation - Biscuits				
I can identify the basic ingredients used in making Biscuits				
I understand, know and can explain what Biscuits are				
I can list Four different cake making methods used to make Biscuits				
I can list different types of Biscuits made using the Rubbing In method, Creaming Method, Whisking Method and Melting Method				
I can demonstrate how to make Biscuits using the Rubbing in Method				
I can demonstrate how to make Biscuits using the Creaming Method				
I can demonstrate how to make Biscuits using the Whisking Method				
I can demonstrate how to make Biscuits using the Melting Method				
Area of Study: Cooking and Food Preparation - Cake Making				
I can identify the basic ingredients used in Cake Making				
I can name the Five basic Cake Making Methods				
I can give examples of the Five basic Cake Making Methods				
I can demonstrate each of the Five Cake Making Methods				
I can demonstrate batch production using all of the Five Cake Making Methods				
I understand, know and can explain caramelisation				
I understand, know and can explain Dextrinization				
Area of Study: Cooking and Food Preparation - Developing recipes and food				
I can demonstrate consideration of the influence of lifestyle and consumer choice when adapting or developing meals and recipes				

I can demonstrate how to adapt recipes to address current dietary advice				
I can demonstrate how to adapt recipes due to lifestyle patterns e.g. working parents who need dishes that are quick to prepare and cook				
I can demonstrate that I can consider nutritional needs and food choices when selecting recipes, making decisions about ingredients, processes, cooking methods, portion sizes etc.				
I can demonstrate the ability to review and make improvements to recipes by amending them to include the most appropriate ingredients, processes, cooking methods and portion sizes e.g. low calorie diets				
I can demonstrate how to manage my time, costs of the recipes effectively				
I can demonstrate how to use my sensory evaluation skills and adjust where needed to improve the recipe during the preparation and cooking processes e.g. adjusting seasoning				
I can demonstrate how to present my ideas about my recipes and cooking methods to others. I can justify my reasons				
I can demonstrate I can make decisions about which techniques are appropriate in order to achieve my intended outcome, e.g. steaming instead of boiling				
I can demonstrated and carried out techniques safely and have been able to combine them to produce appealing meals whilst evaluating the end results				
Area of Study: Cooking and Food Preparation - Pastry Making				
I can identify the basic ingredients used in Pastry Making				
I can list Six different Types of Pastry				
I understand and know the basic rules of Pastry Making				

I understand, know and can explain how to make Short-crust Pastry				
I can demonstrate how to make Short-crust Pastry				
I understand, know and can explain how to make Suet Pastry				
I can demonstrate how to make Suet Pastry				
I understand, know and can explain how to make Flaky Pastry				
I can demonstrate how to make Flaky Pastry				
I understand, know and can explain how to make Puff Pastry				
I can demonstrate how to make Puff Pastry				
I understand, know and can explain how to make Rough Puff Pastry				
I can demonstrate how to make Rough Puff Pastry				
I understand, know and can explain how to make Choux Pastry				
I can demonstrate how to make Choux Pastry				
I understand, know and can explain how to Laminate Pastry				
I can demonstrate how to Laminate Pastry				
I can suggest suitable dishes to make from each pastry type				
Area of Study: Cooking and Food Preparation - Preparation and cooking techniques				
I can demonstrate how to plan and cook a single dish				
I can demonstrate how to plan and cook a number of dishes in one session				
I understand, know and can explain how to 'Dovetail'				
I can demonstrate how to weigh and measure liquids and solids				

I can demonstrate the 'Claw Grip' and 'Bridge Hold' techniques				
I can demonstrate knife skills to prepare foods to different shapes and sizes				
I can demonstrate how to tenderize and how to marinate				
I can demonstrate how to cook using the oven, hob and grill				
I can demonstrate how to adjust cooking times and temperatures				
I can demonstrate how to judge and manipulate sensory properties e.g. seasoning, (adding salt pepper etc.)				
I can demonstrate how to test for readiness				
I can demonstrate how to finish dishes by; shaping and finishing a dough or pastry, glazing, food styling, preparing fruits and vegetables as a garnish				
I can demonstrate selecting appropriate preparation cooking and serving techniques when making different dishes				
I can demonstrate how to work independently				
I can demonstrate personal and food safety, hygiene practices and procedures when preparing and cooking foods				
I can demonstrate how to use sensory descriptors appropriately and correctly when describing food/dishes				
Area of Study: Cooking and Food Preparation - Sauces				
I can identify the basic ingredients used in Sauces				
I can list Four different types of sauces				
I understand, know and can explain how to make a Roux Based Sauce				
I can demonstrate how to make a Roux Based Sauce				

I understand, know and can explain how to make a Blended Sauce				
I can demonstrate how to make a Blended Sauce				
I understand, know and can explain how to make Reduction Sauces				
I can demonstrate how to make Reduction Sauces				
I understand, know and can explain how to make emulsions				
I can demonstrate how to make Emulsions				
I can suggest suitable dishes to serve each Sauce type with				
I understand, know and can explain Gelatinization with in sauce making				
Area of Study: Cooking and Food Preparation - Sensory evaluation				
I can list the Five senses				
I understand, know and can identify the taste buds on the tongue (bitter, sweet, sour, salty, umami)				
I know what the Olfactory System is and how it works				
I understand, know and can explain what sensory analysis is				
I understand, know and can explain how sensory analysis is used				
I can list Four different tests				
I understand, know and can explain the sensory qualities of a range of foods				
I can set up panels for preference testing the range of factors that influence food choices, including enjoyment, preferences, seasonality, costs, availability, time of day, activity, celebration or occasion and culture				
I understand, know and can explain the choices that people make about certain foods according to religion,				

culture, ethical belief, medical reasons or personal choices				
I understand, know and can explain what Convenience Foods are				
I understand, know and can explain what Additives are				
I understand and know how to make informed choices about food and drink to achieve a varied and balanced diet, including awareness of portion sizes and costs				
<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 type="checkbox"/>
Area of Study: Diet and good health – special diets for specific needs				
I can list the dietary guidelines				
I understand, know and can explain what a balanced diet is				
I understand, know and can explain what the Eatwell Guide is				
I understand, know and can explain what Five A Day, Healthy Schools, are				
I understand, know and can explain what the government guidelines of health eating are				
I understand, know and can explain what the benefits of a healthy diet are				
I understand, know and can explain the effects of deficiency or excess nutrition on the body				
I understand, know and can explain the nutritional requirements for the different life stages				

I understand, know and can explain sources of Free Sugars				
I understand, know and can explain Dietary Reference Values (DRV's)				
I understand, know and can explain what Basal Metabolic Rate (BMR) is				
I understand, know and can explain what Physical activity level (PAL) is				
I understand, know and can explain what Recommended Daily Intake is and how much is needed for each of the different life stages				
I understand, know and can explain how to read a food label and use the traffic light system				
I understand what Special Diets are				
I understand, know and can name and describe Six different Special Diets				
I understand, know and can describe what Food Allergies are				
I understand, know and can describe what Food Intolerances are				
I understand, know and can describe the differences between Food Allergies and Food Intolerances				
I understand and know that people have different diets due to life style choices				
I can identify how nutritional needs change due to age, life style choices and state of health				
I can plan a balanced diet for a range of life stages: Toddlers, teenagers, early, middle and late adulthood, Pregnant women				
I can plan balance diet for individuals with specific dietary needs or nutritional deficiencies				

I can plan a balanced diet for individuals requiring high energy needs as a result of occupation or activity involvement?				
I can plan a balanced diet for individuals with specific lifestyle needs or religious beliefs?				
I can calculate the energy and main macro and micro nutrients in: A Recipe - An Individual's existing diet over a period of time				
I can calculate the energy and main macro and micro nutrients in: A Meal				
I can calculate the energy and main macro and micro nutrients in: An Individual's existing diet over a period of time				
I can use nutritional information/data to determine why, when and how to make changes to a recipe e.g. to increase dietary fiber content				
I can use nutritional information/data to determine why, when and how to make changes to a menu e.g. reduce the saturated fat content				
I can use nutritional information/data to determine why, when and how to make changes to a diet e.g. to increase energy intake prior to a sporting activity or to meet the new recommendations for free sugars				
I understand, know and can explain how energy balance can be used to maintain a healthy body weight throughout life				
<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"/>
Area of Study: Food provenance – factors affecting food choice				
I can list the Nine main factors that affect food choice				
I understand, know and can explain the Nine main factors that affect food choice				
I understand, know and can explain the AVAILABILITY that affect food choice				
I understand, know and can explain the COST that affect food choice				
I understand, know and can explain the CULTURE that affect food choice				
I understand, know and can explain the RELIGIOUS BELIEFS that affect food choice				
I understand, know and can explain the ETHICAL FOOD CHOICES that affect food choice				
I understand, know and can explain the SEASONAL FOOD that affect food choice				
I understand, know and can explain the MEDICAL CONDITIONS that affect food choice				
I understand, know and can explain the MARKETING & ADVERTISING that affect food choice				
I understand, know and can explain the LABELLING that affect food choice				
Area of Study: Food provenance – Food manufacturing				
I understand, know and can explain the primary stages of processing				
I can give examples of primary stages of food processing and production				
I understand, know and can explain how plant crops are grown, transported, cleaned and sorted				

I understand, know and can explain how wheat is turned into flour				
I understand, know and can explain how animals as foods are transported, cleaned and stored				
I understand, know and can explain Six ways milk is heat treated				
I understand, know and can explain the secondary stages of processing				
I understand, know and can explain how fruit is turned into Jam				
I understand, know and can explain how wheat flour is turned into Pasta				
I understand, how and can explain how milk is turned into Yoghurt				
I understand that processing affects the nutritional properties of ingredients				
I understand, know and can explain what Fortification is				
I understand that technological developments claim to support better health and food production				
I understand, know and can explain with examples of Food Additives				
I can list the positives and negative effects of Food Additives				
I understand that additives can produce the desired effect on food				
Area of Study: Food provenance – Technological Developments				
I can list Ten factors affecting technological development in food				
I understand, know and can explain the POPULATION INCREASE affecting technological developments in food				

I understand, know and can explain the TRANSPORT & TRAVEL affecting technological developments in food				
I understand, know and can explain the PRESERVATION METHODS affecting technological developments in food				
I understand, know and can explain the MEDIA affecting technological developments in food				
I understand, know and can explain the ENVIRONMENTAL FACTORS affecting technological developments in food				
I understand, know and can explain the ECONOMIC UNDERSTANDING AND TRADE affecting technological developments in food				
I understand, know and can explain the SCIENTIFIC ADVANCEMENTS affecting technological developments in food				
I understand, know and can explain the CONSUMER DEMAND affecting technological developments in food				
I understand, know and can explain the CHANGES IN WORK/LEISURE TIME affecting technological developments in food				
I understand, know and can explain the WIDER UNDERSTANDING OF NUTRITION, DIET AND HEALTH affecting technological developments in food				
Area of Study: Food provenance – Where Food Comes From				
I understand, know and can explain what Food Provenance is				
I can list the origins of food products for all the main foods				
I understand, know and can explain the origins of food, where it is grown, reared or caught				
I understand, know and can explain what Protected Geographical Indication is (PGI)				

I understand, know and can explain what Protected Designation of Origin is (PDO)				
I understand, know and can explain what Traditional Specialty Guaranteed is (TSG)				
I understand, know and can explain what Food Miles are				
I understand, know and can explain what Carbon Footprint is				
I know and can explain Eight ways to reduce food miles				
I understand, know and can explain different methods of food packaging				
I understand, know and can explain recycling and know how waste can be reduced (Reduce, Reuse, Recycle)				
I understand, know and can explain sustainability of food				
I understand, know and can explain Food Waste, the impact, and ways to reduce food waste				
I understand, know and can explain Food Poverty and the projects to counteract food poverty				
I understand, know and can explain Food Security and the impact				
Area of Study: Food provenance – British and International Cuisines				
I can list Four influences that shape world cuisines				
I understand, know and can explain the influences that shape world cuisines				
I understand and know that all countries have traditional dishes, signature dishes and typical ingredients grown, found or used in that country				
I understand and know that all countries have traditional cooking methods, equipment, presentation, preservation and serving techniques				

I understand, know and can explain that countries have traditional, modern variations of recipes to include variations of recipes to include <ul style="list-style-type: none"> ✓ changing use of food commodities ✓ changes to nutritional guidelines ✓ the use of modern cooking methods and or equipment 				
I can identify countries within the UK				
I can identify countries within Europe				
I can identify countries within Europe and Russia				
I can identify countries within the Americas				
I can identify countries within Asia				
I can identify countries within Africa				
I can identify countries within The Middle East				
I understand, know and can explain meal structures; presentation of menus within different cultures				
<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 type="checkbox"/>
Area of Study: Health, Safety and Hygiene				
I understand, know and can explain food safety and what to look for when purchasing food				
I understand, know and can explain how to purchase Fish safely				
I understand, know and can explain how to purchase Meat safely				
I understand, know and can explain how to purchase Fresh Fruit and Vegetables safely				

I understand, know and can explain how to store Dry Foods safely				
I understand, know and can explain how to store Refrigerated Foods safely				
I understand, know and can explain how to store Frozen Foods safely				
I understand, know and can explain and suggest suitable materials for food storage				
I understand, know and can explain the food safety principles when preparing, cooking and serving food				
I understand, know and can explain how to prevent cross – contamination				
I understand, know and can explain how to prepare food safely				
I understand, know and can explain how to control microbial growth and multiplication				
I understand, know and can explain how to cook, cool down and serve food safely				
I understand, know and can explain how to use a food probe				
Area of Study: Nutrition Needs and Health				
I can name all the nutrients				
I understand, know and can explain what Macro Nutrients are				
I understand, know and can explain what Micro Nutrients are				
I understand, know and can explain what the Reference Nutrient Intake is (RNI)				
I understand, know and can explain what Carbohydrate is				
I can classify Carbohydrates				
I understand, know and can explain the functions of Carbohydrate				
I understand, know and can explain the sources of Carbohydrate in the diet				

I understand, know and can explain the effects of deficiency or excess of Carbohydrate in the body				
I know the amount of Carbohydrate needed every day for different life stages. I know what the Glycemic Index (GI) is.				
I can write the chemical composition of Carbohydrates				
I understand, know and can explain what Protein is				
I can classify Proteins				
I understand, know and can explain the functions of Proteins				
I understand, know and can explain the sources of Proteins in the diet				
I understand, know and can explain the effects of deficiency or excess of Proteins in the body				
I know the amount of Protein needed every day for different life stages				
I can write the chemical composition of Proteins				
I understand, know and can explain what Fat is				
I can classify Fats				
I understand, know and can explain the functions of Fats				
I understand, know and can explain the sources of Fats in the diet				
I understand, know and can explain the effects of deficiency or excess of Fat in the body				
I know the amount of Fat needed every day for different life stages				
I can write the chemical composition of Fats				
I understand, know and can explain what vitamins are				
I can classify vitamins				

I understand, know and can explain the functions of vitamins				
I understand, know and can explain the sources of vitamins in the diet				
I understand, know and can explain the effects of deficiency or excess of vitamins in the body				
I know the amount of vitamins needed every day for the different life stages				
I know and can write the chemical name for each vitamin				
I understand, know and can explain what minerals are				
I can classify minerals				
I understand, know and can explain the functions of vitamins				
I understand, know and can explain the sources of minerals in the diet				
I understand, know and can explain the effects of deficiency or excess of minerals in the body				
I know the amount of vitamins needed every day for the different life stages				
I can write minerals in their element form				
I understand, know and can explain what dietary fibre is				
I can classify fibre				
I understand, know and can explain the functions of fibre				
I understand, know and can explain the sources of fibre in the diet				
I understand, know and can explain the effects of deficiency or excess of fibre in the diet				
I know the amount of fibre needed every day for the different life stages				
I understand, know and can explain what water is				

I understand, know and can explain the functions of water				
I understand, know and can explain the sources of water in the diet				
I understand, know and can explain the effects of deficiency or excess of water in the diet				
I know the amount of water needed every day for the different life stages				
I can write water in its element form				
<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"/>
Area of Study: The Science of Food – Food Spoilage				
I understand, know and can explain what Food Safety is				
I can identify signs of food spoilage				
I understand, know and can demonstrate how to store foods correctly: refrigeration/freezing, dry/cold storage, use appropriate packaging/covering of foods				
I understand, know and can explain the Three ways food can be contaminated				
I can list Four different types of food poisoning bacteria				
I understand and know the growth conditions bacteria require				
I know and can identify the signs of food poisoning				

I understand the ways of prevention and control methods for enzyme action, mould growth and yeast production				
I understand and know the role of temperature, pH, moisture and time in the control of bacteria				
I understand, know and can explain Cross – contamination giving examples				
I understand, know and can explain what HACCP is				
I can list the Six methods of preservation				
I understand, know and can give examples of each method of preservation				
I understand, know and can explain what packaging is and why it is used				
I can list Six different types of food packaging				
I can give the advantages and disadvantages of each type of packaging				
I can explain what Modified Atmosphere Packaging is (MAP)				
I understand, know and can explain the difference between 'Use by dates' and 'Best Before dates'.				
I understand and know the importance of date-marks, and I know how to read the labelling on food products				
I understand, know and can explain how to dispose of packaging in an environmentally friendly way				
I understand the consequences of mishandling of food wastage, including the effect on the environment and the financial implications on waste.				
Area of Study: The Science of Food – Heat Transfer				
I understand, know and can explain why food needs to be cooked				

I understand, know and can explain how heat is transferred to food				
I can explain conduction, convection, radiation and radiant heat giving examples of each				
I understand that some dishes made rely on more than one method of heat transfer				
I understand, know and can explain Dry, Frying and Moist heat methods of cooking				
I can list Four Dry heat methods of cooking				
I can list Three Frying heat methods of cooking				
I can list Nine Moist heat methods of cooking				
I understand, know and can explain microwave energy cooking				
I understand, know and can explain the effects of heat on Protein foods, denature, coagulation, foam formation, gluten formation, denaturing and the Maillard reaction				
I understand, know and can explain the effects of heat on Fatty foods				
I understand, know and can explain the effects of heat on Carbohydrate food, I can name Three and explain gelatinization, dextrinization and caramelisation				
I understand, know and can explain the effects of heat on Vitamins and Minerals in food enzymic browning and oxidation				
I understand, know and can explain what happens to water				
I understand, know and can explain the effects of changing the pH of food				
I understand, know and can explain the effects of oxygen on food, Fruit and Vegetables, Meat, Poultry and Fish and Fats and Oils				

I understand, know and can explain the effects of enzymes on food				
I understand, know and can explain the use of microorganisms in food production				
Area of Study: The Science of Food – Raising Agents				
I understand, know and can explain what raising agents are and why they are used in baking				
I can list different types of raising agents				
I understand, know and can explain Mechanical raising agents (sieving, whisking, rubbing in, creaming and lamination)				
I understand, know and can explain Physical raising agents				
I understand, know and can explain Chemical raising agents (bicarbonate of soda, baking powder, self-raising flour, cream of tartar)				
I understand, know and can explain Biological raising agent (Natural Yeast and Dried Yeast, sourdough and gluten)				
I understand, know and can explain what Emulsions are				
I understand, know and can explain what Foams are				
I understand, know and can explain how Flour, Fat, Eggs, Sugar, Baking Powder and Yeast work				
I understand, know and can explain the importance of Measuring ingredients accurately				
I can list common faults due to inaccurate measuring of ingredients				
I understand, know and can explain the importance of accurate Heat Control				
I can list common baking/cooking mistakes and say how to rectify them				

I am most confident with the following topic/topics:

I have struggled most with the following topic/topics:

