Benchmarks to support Skills Academy – 2nd Level Food and Health

Must only be used as __reference only__ for Skills Academy planning. Benchmarks are to be used to set out clear statements about what learners need to know and be able to do to achieve a __level__ across curriculum areas

Curriculum Organisers	Experiences and Outcomes for planning learning, teaching and assessment	Benchmarks to support practitioners' professional judgement
Food and Textile	I am developing dexterity, creativity and confidence when preparing and cooking food *TCH 2-04a*	• Demonstrates an increasing range of practical skills and cooking techniques for example accurate weighing and measuring, kneading, chopping, baking, grilling
Literacy and English **Listening and Talking**	I am developing confidence when engaging with others within and beyond my place of learning. I can communicate in a clear, expressive way and I am learning to select and organise resources independently. *LIT 2-10a*	• Communicates confidently and fluently, with some expression in different contexts. • Uses an appropriate range of vocabulary for purpose and audience. • Applies verbal and non-verbal skills to communicate clearly, for example, eye contact, body language, pace and tone.
Numeracy and Mathematics Measurement	I can use the common units of measure, convert between related units of the metric system and carry out calculations when solving problems. *MNU 2-11b*	• Estimates to the nearest appropriate unit, then measures accurately: length, height and distance in millimetres (mm), centimetres (cm), metres (m) and kilometres (km); mass in grams (g) and kilograms (kg); and capacity in millilitres (ml) and litres (l). • Chooses the most appropriate measuring device for a given task and carries out the required calculation, recording results in the correct unit. • Reads a variety of scales accurately.
The Food Experience	I enjoy eating a diversity of foods in a range of social situations. *HWB 2-29a*	• Uses sensory descriptors to describe foods, for example, taste, texture, appearance, smell. • Identifies, prepares and selects foods for a range of situations, for example, social, cultural, religious events. • Devises guidelines for good table manners.