



Home Economics Grade 7 Kitchen Skills (KS)				
Outcome	1 – Little Evidence With help, I understand parts of the simpler ideas and do a few of the simpler skills.	2 – Partial Evidence I understand the simpler ideas and can do the simpler skills. I am working on the more complex ideas and skills.	3 – Sufficient Evidence I understand the more complex ideas and can master the complex skills that are taught in class. I achieve the outcome.	4- Extensive Evidence I have a deep understanding of the complex ideas, and I can use the skills I have learned in situations that were not taught in class.
HECKS7.1 Apply basic kitchen skills, including measurement and following a basic recipe, in the preparation of nutritious foods and to do so independently and safely.	<ul style="list-style-type: none"> • With help, I can work with a set of basic kitchen tools when working alone or with others. 	<ul style="list-style-type: none"> • I can use a set of basic kitchen appliances and cooking tools with occasional reminders when working alone or with others in a kitchen lab setting. 	<ul style="list-style-type: none"> • I can independently use a set of basic kitchen appliances and cooking tools alone and with others in a kitchen lab setting. 	<ul style="list-style-type: none"> • I can independently use a set basic kitchen appliances and cooking tools alone and with others and I can guide others.
	<ul style="list-style-type: none"> • With support, I can follow kitchen safety rules when working alone or with others. 	<ul style="list-style-type: none"> • I can follow kitchen safety rules when working alone or within a team setting, with occasional reminders. 	<ul style="list-style-type: none"> • I can follow kitchen safety rules alone and within a team setting. 	<ul style="list-style-type: none"> • I can follow kitchen safety rules alone and within a team setting and I assist and remind my team members.
	<ul style="list-style-type: none"> • With help, I can follow a basic recipe when working alone or with others. 	<ul style="list-style-type: none"> • I can follow a basic recipe with occasional reminders when working alone or with others in a kitchen lab setting. 	<ul style="list-style-type: none"> • I can independently follow a basic recipe alone and within a team setting. (e.g. muffin method, biscuit method) 	<ul style="list-style-type: none"> • I can independently follow a basic recipe alone and within a team setting and I can guide others.
	<ul style="list-style-type: none"> • I can use cooking and baking measuring tools accurately some of the time with help. 	<ul style="list-style-type: none"> • I can use cooking and baking measuring tools accurately some of the time with reminders. 	<ul style="list-style-type: none"> • I can independently use cooking and baking measuring tools accurately almost all of the time. 	<ul style="list-style-type: none"> • I can independently use cooking and baking measuring tools accurately all of the time.
Comments				

