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| Give yourself a grade from 1 (poor) to 5 (very good) | Give evidence / examples |
| **A good COOK’s appearance, attitude, personality, qualities** | Sept | Jan | May |  |
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| Give yourself a grade from 1 (poor) to 5 (very good) | Give evidence / examples |
| **the things I know / I have learnt to be a good COOK** | Sept | Jan | May |  |
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| Give yourself a grade from 1 (poor) to 5 (very good) | Give evidence / examples |
| **the things I can do (SKILLS) to be a good COOK** | Sept | Jan | May |  |
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