

Food and Cookery Curriculum Map for KS2-KS3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 9-11	NCFE Food and Cooking Level 1 and 2 qualification commences					
Year 8	<p>Simple warming meals *Savoury rice *Carrot cakes /alternatives *Scones /alternatives</p> <p>Recall the principles of <i>The Eatwell Guide</i> and relate it to their own diet</p> <p>Learn what the main nutrients provided by a healthy diet include.</p> <p>Learn the importance of hydration in my diet</p> <p>Learn to refine skills to safely use knives in preparing a range of vegetables</p> <p>Learn how to carefully measure time of perfect savoury rice to serve.</p> <p>Learn principles of food hygiene and safety, applying boiling water to rice and accurately simmer</p> <p>Learn what is meant by the term 'energy' and explain why we should be aware of this when producing dishes</p> <p>Learn to identify sources of energy in my diet</p> <p>Learn why energy in my diet needs to change throughout life.</p> <p>Define energy balance and relate the consequences of imbalance.</p> <p>Learn how to prepare mini carrot cakes using safe and rhythmic measuring cutting and grating skills</p> <p>Learn key principles of food hygiene and safety,</p>	<p>Nutritional value ingredients *Frittata *Fruit scones *Sponge cake for an occasion</p> <p>Learn the sources of protein</p> <p>Learn the types and functions of protein</p> <p>Learn the dietary recommendations for protein and how it relates to their diet.</p> <p>Learn what is meant by 'protein complementation'</p> <p>Learn how to prepare and cook frittata safely (measuring, knife skills, grating, baking)</p> <p>Learn to carefully handle eggs, successfully applying to skills in baking and whisking</p> <p>Learn the functions of including eggs in a range of recipes</p> <p>Learn knife skills, rubbing-in, forming and shaping a dough, and using the oven (baking) to prepare and cook fruit scones</p> <p>Learn what 'seasonality' is</p> <p>Learn ways to reduce the waste of fruit, vegetables and bread in the home and at school.</p> <p>Learn the key micronutrients and state why they are needed in the diet.</p> <p>Learn the sources, types and functions of vitamins A, D, B-group (Thiamin, Riboflavin and Niacin) and C.</p>	<p>Pastas and carbohydrates *Tuna pasta bake *Meatballs and pasta *Prepare and cook a school dinner from the Fen Menu.</p> <p>Learn to add ingredients at the correct time to cook tuna pasta bake methodically (or veg alternative)</p> <p>Learn the principles of food hygiene and safety, focusing on draining boiling water and the grill.</p> <p>Learn to calculate the nutritional profile and compare the effect of using alternative ingredients.</p> <p>Learn the factors that affect individual food choice (incl commonalities and dietary needs)</p> <p>Learn the dietary needs of young people</p> <p>Learn the actions taken in the school food standards related to school lunches. <i>Note: School food standards are currently under review (April 2020)</i></p> <p>Learn some ways recipes can be modified to meet the nutritional needs of young people</p>	<p>Seasoning, spices & carbohydrates *Chilli con carne *Rogan josh *Bread making *Carb recipe from a selection</p> <p>Learn how to prepare and cook chilli con carne with exact spice measurements to be served to taste</p> <p>Learn to prepare and cook raw meat thoroughly (ideal timings and risk management)</p> <p>Learn various cutting techniques for a range of raw meats (producing a Rogan josh recipe or vegetarian alternative).</p> <p>Learn the functions of ingredients used in bread making</p> <p>Learn what varieties of bread and bread products available to the consumer. Learn the sources of carbohydrates (including fibre)</p> <p>Learn the types and functions of carbohydrate</p> <p>Learn the dietary recommendations for carbohydrate (including fibre) and how it relates to my diet</p>	<p>Pizzas & dough manipulating *Pizza wheels *Pizza wheels with shortcrust pastry *Wholemeal bread to create a dough *Research for healthy menu *Cook researched menu</p> <p>Learn to form, knead and shape yeast dough to prepare and cook pizza wheels</p> <p>Learn ways to modify a recipe to create a healthier option with dough</p> <p>Learn the healthier key ingredients to plan a recipe for to be served in a leisure venue cafe</p> <p>Learn the availability, benefits and drawbacks of locally or regionally sourced food/dishes and/or ingredients.</p>	<p>Customise & comfort recipes *Caribbean turkey curry *Fajitas *Sticky chicken strips (marinating) *Healthy recipe of choice</p> <p>Learn the principles of food hygiene and safety, demonstrating safe handling and cooking raw turkey, using knives and the grill</p> <p>Learn how food is wasted and suggest ways in which food waste can be reduced</p> <p>Learn to prepare and produce fajitas measuring optimal filling of ingredients to hold form</p> <p>Learn key techniques and misconceptions for marinating to enhance the flavour of a dish.</p> <p>To explore the considerations necessary for preparing and serving their dish in a leisure venue</p> <p>To appraise and evaluate their learning journey</p> <p>To evaluate their practical cooking experiences</p>

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	<p>focusing on handling eggs, using small pieces of electrical equipment and the hob/oven</p> <p>Learn to calculate the nutritional content information for a recipe and create a food label for a dish</p>	<p>Learn the sources of calcium, iron and sodium</p> <p>Learn the types and functions of calcium, iron and sodium</p> <p>Learn the process of gelatinisation in sauce making</p>				
Year 7	<p>Hearty dishes</p> <ul style="list-style-type: none"> *Shepherds pie *Vegetable soup *Hot pot *Salad accompanying <p>Learn the layout of the food room and to recognise, name and locate the tools and equipment in the food room. using-equipment-safely-1416c.docx</p> <p>Learn what a sensory evaluation is and the sensory descriptors for a salad</p> <p>Learn to refine the technique of using knives, grater and peeler.</p> <p>Learn the names of the senses and how they are used in tasting food and drink</p> <p>Learn the principles of <i>The Eatwell Guide</i> and relate this to their own diet</p> <p>Learn the key nutrients provided by <i>The Eatwell Guide</i> food groups</p> <p>Learn 8 tips for healthy eating, the 5 A Day message and portion size</p> <p>To compare and evaluate existing products</p> <p>Learn to refine the technique of using the hob safely to prepare and cook a vegetable soup at the right temperature</p> <p>Learn why not all kitchen equipment is given to young</p>	<p>Savoury and sensory</p> <ul style="list-style-type: none"> *Savoury Crumble *Sensory evaluation of foods <p>Learn where potatoes, bread, rice, pasta and other starchy carbohydrates come from and why they are important in the diet</p> <p>Learn what energy and energy balance is supporting my cooking</p> <p>Learn how lifestyle and culture can affect food choice</p> <p>Learn what happens to starchy foods when heat is applied. year-7-lesson-plan-5-1114.docx</p> <p>Learn to refine the technique of accurately weighing and measuring ingredients to produce a savoury crumble</p> <p>Learn to model the rubbing-in method, mixing, stirring, and layering (baking)</p> <p>Learn where dairy and alternatives come</p> <p>Learn how consumer demand influences availability, e.g. lower fat dairy products</p> <p>Learn the range of dairy and alternative products using food labels and sensory evaluation</p> <p>Learn to calculate the cost of their savoury crumble</p>	<p>Weighing for portion control</p> <ul style="list-style-type: none"> *Pizza *Pizza toast *Beans on toast *Vegetarian meal <p>Learn how weighing, spreading and grilling accurately determine how successful a pizza recipe is</p> <p>To compare the ingredients, cost and portion size of their pizza toast with restaurant /takeaway pizza</p> <p>Learn where beans, pulses, fish, eggs, meat and other proteins come from and their importance in the diet.</p> <p>Learn where fish and eggs come from and their importance in the diet.</p> <p>Learn where beans, pulses come from and their importance in the diet</p> <p>Learn where meat and other proteins come from and their importance in the diet.</p> <p>Learn food choices available for vegetarians and explain how their dietary needs are met</p>	<p>Party and hosting recipes</p> <ul style="list-style-type: none"> *Savoury muffins *Fruit muffins *Burgers *Goujons <p>Learn knife skills for portioning and dividing to prepare and cook lemon and herb goujons (or spicy bean burgers)</p> <p>Learn to perform a simple product analysis, including an overview of the functional properties of the ingredients, and sensory evaluation</p> <p>Learn ways in which recipes can be modified (investigation)</p> <p>Learn to independently write a recipe for fruit or savoury breakfast muffins</p> <p>Learn to fold, divide and mix, using the oven to prepare and cook breakfast muffins</p>	<p>Cultural food – learner-led discovery and planning</p> <ul style="list-style-type: none"> *Curry *Paella *Spaghetti <p>Prepare and cook the researched meal</p> <p>Stir fry with chicken</p> <p>Learn the key factors that affect food choices for different groups of people</p> <p>Learn ways in which food can be made appetising, including seasoning, flavouring, visual appearance, presentation</p> <p>Learn nutritional requirements for teenagers and plan a suitable main meal dish</p> <p>Learn the differences between simmering, draining and compacting ingredients (stir-fry)</p> <p>Learn principles of food hygiene and safety for cooking raw poultry and use of hob</p> <p>To calculate the energy and nutrients provided by the dish</p>	<p>Vegetable curry</p> <p>Koftas</p> <p>Revisit recipes from previous term and evaluate adjustments.</p> <p>Learn how measuring, chopping and simmering are applied accurately to cook a vegetable curry</p> <p>Learn to calculate the energy and nutrients provided by a vegetable curry recipe</p> <p>Learn to apply technical skills of peeling, blitzing, shaping and forming to make grilled lamb (or vegetarian) koftas</p> <p>Learn similar foods to koftas and apply skills, above, in making a comparison dish</p> <p>To consolidate and demonstrate food preparation skills when preparing and cooking a main meal dish suitable for a teenager, e.g. knife skills, mixing and combining, forming and shaping, assembling and layering, and using the hob, grill or oven</p> <p>Learn the principles of food hygiene and safety, focusing on, for example, using knives, small electrical equipment, handling and cooking raw meat, poultry and/or fish (if using), the hob, oven or grill</p> <p>Learn to evaluate their dish and the practical activity</p> <p>Learn to calculate the energy and nutrients provided by their dish</p>

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	<p>people and safe practice is essential to begin with.</p> <p>Learn to independently and safely use the bridge technique to cut potatoes.</p> <p>Learn to control the knife to produce consistent sizes</p> <p>Learn to make 2 different shapes to order (e.g. slices for topping, cubes for roast)</p>					
Year 6	<p>Baking - sweet</p> <ol style="list-style-type: none"> 1. Plain sponge 2. Add a flavour to a sponge mix 3. Pastry - sweet - jam tarts 4. Pastry - Savoury - sausage rolls 5. Biscuits 6. Bake one of the above with no support. <p>Learn two different ways of making a sponge (traditional and zero-fat)</p> <p>Learn to demonstrate how to use an electric hand whisk safely to create a sponge (prep, positioning, safety considerations)</p> <p>Learn the key principles of food hygiene and safety use of a grater</p> <p>Learn to layer apply moderation to a Swiss roll recipe (or lemon drizzle cake)</p> <p>Wash up a grater and sharper equipment safely through a repeated process</p>	<p>Savoury baking</p> <p>Identify savoury baking and how to make savoury</p> <ol style="list-style-type: none"> 1. Pasties 2. Cheese straws 3. Savoury muffins 4. Savoury pancakes. 5. Sausage rolls 6. Pizza baguettes <p>Learn what the key differences are between sweet and savoury (including vocabulary to describe this)</p> <p>Learn the key principles of food hygiene and safety for use of an oven</p> <p>Learn the key principles of food hygiene and safety use of a rolling pin</p> <p>My evaluations: Learn how to identify strengths in my recipes and be proud of my practice</p> <p>My evaluations: Learn how to identify improvements in my recipes and what I can change next time</p>	<p>Eat well - Carbohydrates</p> <p>Introduce the good carb, bad carb concept.</p> <ol style="list-style-type: none"> 1.Pasta making 2.Rice 3.Oats - flapjacks 4. Baking pitta bread. 5.bread 6. Create and plan a recipe to cook. <p>Learn the principles of The Eatwell Guide for carbohydrates and reflect on my own food diet</p> <p>Learn the key nutrients provided by The Eatwell Guide main food groups.</p> <p>Learn the 5-a-Day message associated to portion size</p> <p>Learn about different high carbohydrate recipes which support the body daily</p> <p>My evaluations: Learn how I know which foods contain high and low carbohydrate content and how successful my recipes have been</p>	<p>Eat well - fruits and vegetables</p> <p>Identify fruits and vegetables that are used for cooking and how they can be added to make a recipe:</p> <ol style="list-style-type: none"> 1. Apples 2. raspberries - jam 3. Carrot cake 4. Tomato Soup 5. Vegetable fajitas 6. Pupils to decide what to cook with vegetables. <p>Learn the principles of The Eatwell Guide for fruit and vegetables and reflect on my own food diet</p> <p>Learn the key nutrients provided by The Eatwell Guide for a variety of fruits</p> <p>Learn the key nutrients provided by The Eatwell Guide for a variety of vegetables</p> <p>Learn the 8 tips for healthy eating (The Eatwell Guide)</p> <p>Learn recipes that include fruit or vegetables and how this can support the body daily.</p> <p>Learn about dishes containing fruit and vegetables together and why this is uncommon.</p>	<p>Pizza and base</p> <ol style="list-style-type: none"> 1. Base making 2. Making a pizza sauce for the base. 3. Pizza with two toppings 4. Calzone 5. Research a pizza topping and combination ideas - meat, fish, vegetables. 6. Stone baked pizza - oven <p>Learn why reducing high carbohydrate content is important.</p> <p>Learn how high carbohydrate recipes can be reduced through changes to ingredients.</p> <p>Learn the basic skills for bread making</p> <p>Learn the basic skills for pizza making and where this evolved from</p> <p>Learn what additional kitchen equipment could support bread and pizza making and evaluate them (pizza cutter, knives, tin foil)</p> <p>Learn the different ways to add and consider salt and pepper (ground, black, sea salt, grinded)</p>	<p>Assess learning throughout the term from previous sessions:</p> <ul style="list-style-type: none"> *Using the hob - pancakes *Using the oven - carrot cake *Frying off - tomato soup *sing the hob and the oven. - flap jacks *Sweet food *Savoury food <p>Learn to calculate the energy and nutrients provided by their dish.</p> <p>Learn what we mean by 'food preparation' and talk through the steps to successfully prepare the cooking area</p> <p>Learn the purposes of a range of knives in completing sweet and savoury dishes</p> <p>Learn what the differences are between forming, shaping and layering</p> <p>Learn the main misconceptions for using an oven safely</p> <p>Learn the main misconceptions for using a grill safely</p> <p>Evaluate my favourite dishes from this year</p>

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<p>Year 5</p>	<p>Baking - Sweet 1. Plain sponge 2. Swiss Roll with jam 3. Lemon drizzle cake 4. Pastry - Savoury 5. Shortbread biscuits 6. Bake one of the above with no support.</p> <p>Learn the two different types of sponges and compare fat content.</p> <p>Learn the function of the hand whisk and its various uses (safety and technique)</p> <p>Learn how to use the oven to accurately bake for the exact best time</p> <p>Learn how a grater can support sweet recipes and analyse the different grate patterns</p> <p>Learn how effective a rolling pin (compared to without) for a sweet dish recipe</p> <p>Learn what my areas for development are from my sweet/baking recipes</p>	<p>Pastry 1. Pasties 2. Mince pies 3. Puff pastry pizza 4. Chicken and mushroom pie 5. Vegetable pasties 6. Quiche Savoury Baking</p> <p>Learn what the rubbing in method is and how to apply this</p> <p>Learn how to symmetrically roll out pastry and why this is important</p> <p>Learn the key techniques for dicing and peeling vegetables.</p> <p>Learn how to risk assess the use of baking trays and oven operation</p> <p>Learn the benefits of seasonings on meals and my favourite</p> <p>Learn how to independently use pastry cutters safely</p> <p>Learn the effects of accurate and inaccurate butter measurements when baking a dish</p>	<p>Eat well - fruits and vegetables Identify fruits and vegetables that are used for cooking and how they can be added to make a recipe: 1. Apples 2. Raspberries - jam 3. Carrot cake 4. Tomato Soup 5. Vegetable fajitas 6. Pupils to decide what to cook with vegetables.</p> <p>Learn fruit and veg principles of the Eatwell Guide that relate to my own diet</p> <p>To know what the key nutrients provided by The Eatwell Guide are (food groups)</p> <p>Learn the 8 tips for healthy eating</p> <p>Learn key information for portion size is for my age</p> <p>Learn the various benefits fruit and vegetables have for my body</p>	<p>Eat well - Carbohydrates Introduce the good carb, bad carb concept. 1.Pasta making 2.Rice 3.oats - flapjacks 4. Baking pitta bread. 5.bread 6. Create and plan a recipe to cook.</p> <p>Learn carbohydrate principles of the Eatwell Guide that relate to my own diet Learn what the 5-a-day message is and why 5 is appropriate</p> <p>Learn the affects that carbohydrate-rich foods have on the body</p> <p>Evaluate carbohydrate-rich recipes and my practice carefully</p> <p>Learn which seasonings are most flexible for my chosen meals (personal preference)</p> <p>Learn the definitions of starchy and stodgy to describe meal prep</p>	<p>Easy meals *easy meals with toast. 1. Egg on toast 2. Beans on toast 3. Mushrooms on toast 4. Spaghetti bolognaise 5. Start to begin to plan for next term and recipe research. 6. Recipe from planning.</p> <p>Learn to identify and prepare meals with minimal ingredients (basics) Learn how to write a recipe in logical order for someone to follow step-by-step</p> <p>Learn a variety of easy meals that require a grill as the only appliance</p> <p>Learn a variety of easy meals that require a hob as the only appliance</p> <p>Learn the alternative cooking oils and substitutions that can be applied when cooking</p> <p>Evaluate easy meal recipes and my practice carefully</p>	<p>Assess learning throughout the term from previous sessions: *using the hob *using the oven *frying off * using the hob and the oven. *sweet food *savoury food</p> <p>Learn to calculate the energy and nutrients provided by their dish.</p> <p>Learn what we mean by 'food preparation' and talk through the steps to successfully prepare the cooking area</p> <p>Learn the purposes of a range of knives in completing sweet and savoury dishes</p> <p>Learn what the differences are between forming, shaping and layering</p> <p>Learn the main misconceptions for using an oven safely</p> <p>Learn the main misconceptions for using a grill safely</p> <p>Evaluate my favourite dishes from this year</p>
<p>Year 4</p>	<p>Breakfast alternatives 1. Porridge 2. Flapjacks 3. Overnight oats (make the night before) 4. Fruit salad, prep and taste combinations 5. Granola 6. Fruit bread</p> <p>Learn how to accurately measure liquid for breakfast meal options</p> <p>Measure out accurate porridge amount for 1 and for a group (record and experiment)</p> <p>Learn to select the appropriate equipment for preparing breakfast meals (knives, trays, utensils)</p>	<p>Snacks to make at home 1. Scones 2. Cheese straws 3. Cheese on toast 4. Shortbread 5. Ginger bread making. 6. Gingerbread house building.</p> <p>Learn how to apply the rubbing in method to scones, shortbread and cheese straws</p> <p>Learn how to carefully from an even batch of cheese straws (repetition prep)</p> <p>Learn the process of rolling with a rolling pin and reflect on how force affects the result</p>	<p>American foods Comfort foods and dining favourites 1. Burgers 2. Hotdogs 3. Popcorn 4. American pancakes 5. Macaroni cheese 6. Apple Pie</p> <p>Learn all the ingredients required to produce an apple pie</p> <p>Prepare utensils and cooking appliances ready to make macaroni cheese</p> <p>Learn how to evenly form a burger patty and season to my taste</p> <p>Learn how to weigh meats in American foods and what is appropriate for one portion</p>	<p>Baking - Sweet 1. Plain sponge 2. Swiss Roll with jam 3. Lemon drizzle cake 4. Pastry - Savoury 5. Shortbread biscuits 6. Bake one of the above with no support.</p> <p>Learn the fat content in different types of sponges</p> <p>Learn how to prepare, use and clean an electric hand whisk</p> <p>Learn how a grater can be used for producing a variety of baking recipes</p> <p>Learn how to find out the sugar content contained within sweet recipes</p>	<p>Picnic Planning 1. Sandwiches - cheese and cucumber 2. Scones - sweet 3. Scones - savoury 4. Wraps 5. Cupcakes - plain 6. Sausage rolls or jam tarts</p> <p>Learn and refine the technique of using a rolling pin to safely roll pastry</p> <p>Learn to refine the technique of wrapping savoury food into shape for packaging</p> <p>Learn to refine the creaming in method to produce a cupcake.</p> <p>Learn the key principles of food hygiene and safety.</p>	<p>Salads 1. Cucumber salad 2. Tomato salad 3. Beetroot salad 4. Coleslaw 5. Pasta salad 6. Tzatziki dip</p> <p>Learn to describe to taste of cucumber, tomato, coleslaw and Tzatziki</p> <p>Learn how to dice evenly and in rhythm</p> <p>Learn to peel confidently and safely including different ingredients required for salads</p>

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	<p>Learn the benefits and drawbacks of overnight oats process</p> <p>Learn how to apply fruit to produce successful fruit bread</p> <p>Learn to plan and create a fruit salad independently</p>	<p>Learn how to safely clean a grater and confidently keep fingers clear</p> <p>Learn how to erect and stick a gingerbread frame together</p> <p>Learn the art of applying icing to shortbread or gingerbread</p>	<p>Learn some of the reasons why America foods might be considered unhealthy</p> <p>Learn the process of making popcorn and where this can typically go wrong</p>	<p>Learn to describe the taste of sugar I sweet recipes</p> <p>Learn recommended sugar limits and consider sugar-replacements</p>	<p>Learn how to demonstrate how to use the correct equipment when making a sandwich.</p> <p>Learn what contamination means and how we can avoid this for foods.</p>	<p>Learn the stages to making my own coleslaw with dressing and seasoning of choice</p> <p>Learn the many ingredients that could contribute to making a salad</p> <p>Learn some of the reasons why salads are associated to summertime in the UK</p> <p>Learn to make my own Tzatziki dip</p>
Year 3	<p>Snacks Easy snacks to make</p> <ol style="list-style-type: none"> Cheese on toast - using the grill Sandwich with filling of ham and cheese. Grilled cheese sandwich - using the hob Scrambled eggs on toast or bread. Wraps with filling - can use hob <p>Learn how to heat up the grill and hob to the suitable temperature and time-keep</p> <p>Learn what ingredients are suitable for filling sandwiches and considering condiments</p> <p>Learn how to use multiple kitchen appliances to make scrambled eggs (hob and toaster)</p> <p>Learn how to change a food item from cold to hot using the hob - wraps with filling</p> <p>Learn what ingredients are suitable for filling wraps</p> <p>Learn what the ingredients listed on packaging mean</p>	<p>Snacks Introducing and using the rubbing in method:</p> <ol style="list-style-type: none"> Cheese straws Jam tarts Shortbread or mince pies Salt dough (gingerbread house practice) 5/6. Gingerbread house creating and designing. (over two weeks) <p>Learn how to apply the rubbing in method to scones, shortbread and cheese straws</p> <p>Learn how to carefully from an even batch of cheese straws (repetition prep)</p> <p>Learn the process of rolling with a rolling pin and reflect on how force affects the result</p> <p>Learn how to erect and stick a gingerbread frame together</p> <p>Learn the art of applying icing to shortbread or gingerbread</p> <p>Learn what a calorie is</p> <p>Learn what the unit of measurement is for calorie</p>	<p>Mexican food Taste and textures from different cultures</p> <ol style="list-style-type: none"> Guacamole Nachos Salsa Quesadillas Stuffed peppers <p>Learn to dice and mince meat</p> <p>Learn how to find fat content on ingredient lists</p> <p>Learn the tastes and textures experienced from salsa and guacamole</p> <p>Learn the various foods associated with Mexico and Latin American cuisine.</p> <p>Learn to describe a quesadilla, taco and fajita</p> <p>Learn to carefully stuff peppers</p>	<p>Eat well advisable guide - good fats</p> <ol style="list-style-type: none"> Baked beans Bake salmon Three fruit bread Eggs varieties <p>Learn where beans, pulses, fish, eggs, meat and other proteins come from</p> <p>Learn why egg, beans and fish support a balanced and nutritional diet</p> <p>Learn what British cultural dishes there are and how far some date back</p> <p>Learn the functional properties of beans, egg and fish</p> <p>Sensory evaluation of fish (salmon, tuna and comparisons)</p> <p>Learn why canned foods preserve food effectively</p> <p>Learn the variety of tinned soled foods and the benefits</p>	<p>Creating desserts</p> <ol style="list-style-type: none"> Ice lollies Jelly with fruit - orange Flummery Sponge and jelly <p>Learn features of a fridge and freezer for storage</p> <p>Learn the differences between storing foods and liquids in fridge and freezer</p> <p>Learn how to stir</p> <p>Learn why we stir foods</p> <p>Learn what some of the affects are of too much sugar</p> <p>Learn the types of foods associated with parties</p> <p>Learn how to set jelly and review the optimum time to set</p> <p>Learn what nutritional value there is from a variety of desserts</p>	<p>Picnic planning What would we have at a picnic:</p> <ol style="list-style-type: none"> Cake summer fruit salad scones sandwiches Cupcakes Sausage rolls <p>Learn the risks of cross contamination</p> <p>Learn to prepare a sausage roll recipe</p> <p>Learn different seasonings that can add to the taste of sausage roll recipes</p> <p>Learn to select cake that is my preference</p> <p>Learn to tell people why I have a favourite cake and sandwich filling</p> <p>Learn which picnic foods are healthier than others</p> <p>Learn the risks of having some foods out of the fridge for a period of time</p>

Five interrelated pillars

- 1. Safety & Hygiene:** Pupils to understand why hygiene and safety are paramount when cooking for themselves or for others. Knowing and using own abilities to use initiative to identify safety aspects of the kitchen environment.
- 2. Nutrition:** Pupils to know nutritional values, what the body needs to function and function well to survive.
- 3. Technical skills:** Learn basic technical skills to be able to cook independently for their future. Mastering or using these on a daily basis.
- 4. Culture:** To know that different cultures have access to different food and ingredients.
- 5. Budgeting and Independence:** Educating pupils with the means to shop on a budget.