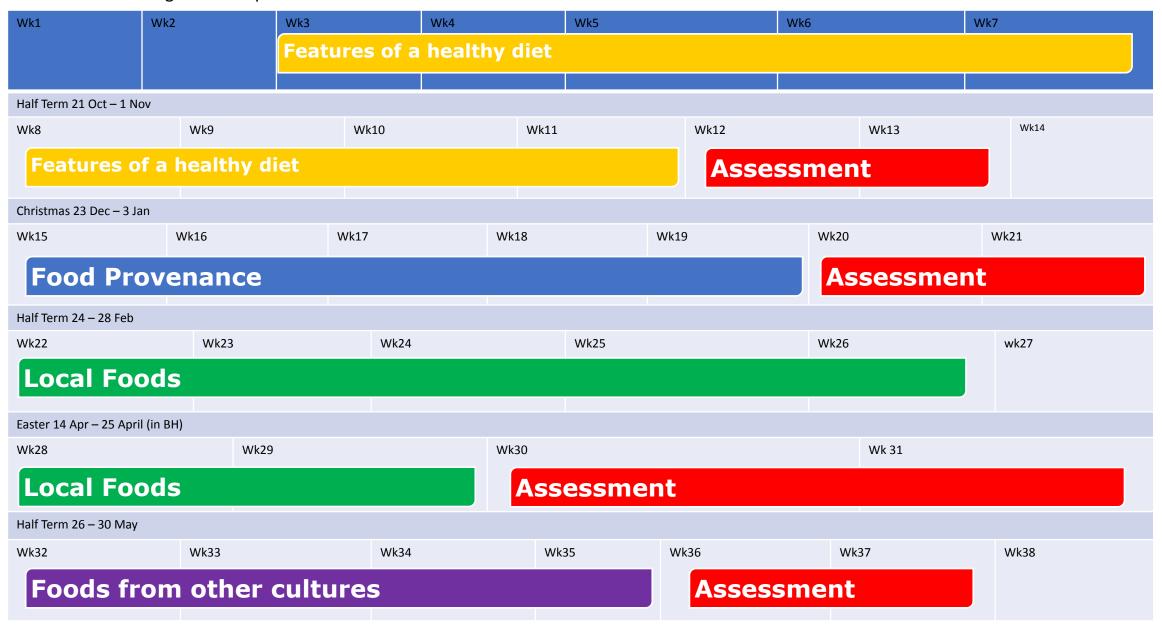
Healthy me - Cooking Curriculum

Route map 2024/25

BTEC Cooking Route Map

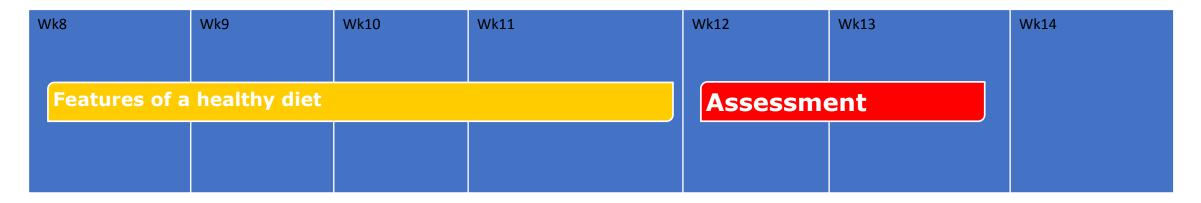




Principles of a healthy diet; gov recommendations & eatwell guide, calories and exercise, budget

Understand and use a range of cookery techniques; chopping, baking, roasting, steaming, grilling, poaching, frying

Use a range of utensils and equipment to prepare and cook ingredients



Principles of a healthy diet; gov recommendations & eatwell guide, calories and exercise, budget

Plan, purchase and prepare a healthy dish on a given budget

Understand and use a range of cookery techniques; chopping, baking, roasting, steaming, grilling, poaching, frying

Use a range of utensils and equipment to prepare and cook ingredients



Understand where food comes from; source, caught raised, grown, foraging, seasonality, air miles & global impact

Understand and use a range of cookery techniques; chopping, baking, roasting, steaming, grilling, poaching, frying

Use a range of utensils and equipment to prepare and cook ingredients

Visit a local shop/farm shop

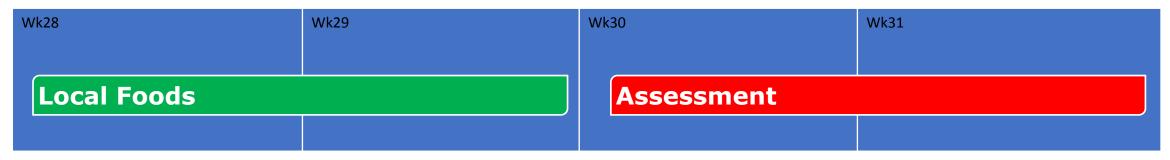
Plan, purchase and prepare a healthy dish from local, seasonal ingredients on a given budget.

Wk22	Wk23	Wk24	Wk25	wk26	Wk27
Local Foods					

Explore local speciality food; parmesan, wensleydale cheese, pease pudding, kippers, stotties, singin' hinnies, panaculty etc.

Understand and use a range of cookery techniques; chopping, baking, roasting, steaming, grilling, poaching, frying

Use a range of utensils and equipment to prepare and cook ingredients

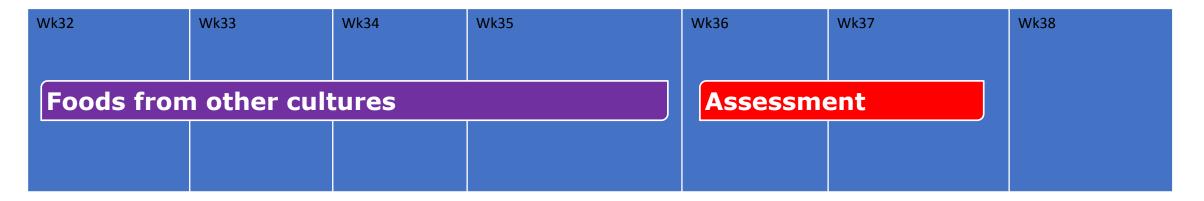


Explore local speciality food; parmesan, wensleydale cheese, pease pudding, kippers, stotties, singin' hinnies, panaculty etc.

Understand and use a range of cookery techniques; chopping, baking, roasting, steaming, grilling, poaching, frying

Use a range of utensils and equipment to prepare and cook ingredients

Plan, purchase and prepare a dish using local speciality food on a given budget.



Explore the cuisine of the country you are looking at in Humanities.

Understand and use a range of cookery techniques; chopping, baking, roasting, steaming, grilling, poaching, frying

Use a range of utensils and equipment to prepare and cook ingredients

Plan, purchase and prepare a dish from your chosen country on a given budget.