

# Healthy me - Cooking Curriculum

Route map 2024/25

# BTEC Cooking Route Map

Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7
Features of a healthy diet						
Half Term 21 Oct – 1 Nov						
Wk8	Wk9	Wk10	Wk11	Wk12	Wk13	Wk14
Features of a healthy diet				Assessment		
Christmas 23 Dec – 3 Jan						
Wk15	Wk16	Wk17	Wk18	Wk19	Wk20	Wk21
Food Provenance					Assessment	
Half Term 24 – 28 Feb						
Wk22	Wk23	Wk24	Wk25	Wk26	Wk27	
Local Foods						
Easter 14 Apr – 25 April (in BH)						
Wk28	Wk29	Wk30	Wk31			
Local Foods			Assessment			
Half Term 26 – 30 May						
Wk32	Wk33	Wk34	Wk35	Wk36	Wk37	Wk38
Foods from other cultures				Assessment		

# Half Term 1

Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7
<b>Features of a healthy diet</b>						

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

# Half Term 2

Wk8	Wk9	Wk10	Wk11	Wk12	Wk13	Wk14
<b>Features of a healthy diet</b>				<b>Assessment</b>		

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

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

# Half Term 3

Wk15	Wk16	Wk17	Wk18	Wk19	Wk20	Wk21
<b>Food Provenance</b>					<b>Assessment</b>	

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.

# Half Term 4

Wk22	Wk23	Wk24	Wk25	wk26	Wk27
<b>Local Foods</b>					

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

# Half Term 5

Wk28

Wk29

Wk30

Wk31

**Local Foods**

**Assessment**

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.

# Half Term 6

Wk32	Wk33	Wk34	Wk35	Wk36	Wk37	Wk38
<b>Foods from other cultures</b>				<b>Assessment</b>		

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.