



CURRICULUM MAP 2025-26

Lifeskills / BTEC Home Cooking Skills Level 1/ 2

<p>Key Stage 3</p> <p>Lifeskills</p>	<p>Autumn term</p> <p>Basic Hygiene and safety / Basic safety in the kitchen/ Storage /Basic Food prep</p> <p>Following a recipe/Basic equipment /Kitchen Basics /Basic method of cooking</p> <p>Introduction to eggs/breakfast/sandwiches/packed lunch/pasta/ragu /mince/ wedges/jacket</p> <p>Key Skills / Basic knife skills/ Knife safety /Tap chop/ Peeling/ Slicing /spreading/Washing/Weighing/Mixing/Stirring</p> <p>Link science (bacteria/ infection/cross contamination/ methods of heating and cooking)</p> <p>Links Numeracy Weighing/measuring/</p> <p>Key Vocab</p> <p>SMSC- Learn to make decisions re hygiene and safety-traditional British foods- Healthy choices</p>	<p>Spring Term</p> <p>Basic Nutrition / Food groups/ food and mood/ Calories/ Food Packaging/Know how to make a healthy meal /Meal Planning</p> <p>Kitchen basics /Store cupboard ingredients/Foods from around the world</p> <p>Basic baking/ biscuits/cupcakes/Basic bread dough/Bread from around the world</p> <p>Key Skills/ Mixing/Weighing/Measuring/Baking/Kneading/Shaping</p> <p>Link Numeracy (weighing/measuring/calorie counting)</p> <p>Link Science/PE (nutrition /energy)</p> <p>Links Numeracy</p> <p>Key Vocab</p> <p>SMSC- Healthy life choices- Government guidance health of British public- Multicultural foods- cultural differences in food and diet.</p>	<p>Summer Term</p> <p>Basics of budgeting/ meal planning on a budget/Shopping basics</p> <p>Puddings/ ice cream/ crumble/</p> <p>Fruits/yoghurts/Toppings/shop bought pastry</p> <p>Key skills -Planning/ Where to buy/_Fresh vs Frozen/ Mixing / creaming/Bashing/serving</p> <p>Link Numeracy (budgeting /cost/shopping)</p> <p>Key Vocab</p> <p>SMSC- Ethical issues in food produce/poverty/ Income/Traditional British dishes</p>
<p>Key Stage 4</p> <p>BTEC Home Cooking Skills Level 1/2</p>	<p>Food Hygiene and safety in the kitchen. / Select and prepare ingredients for a recipe /Choosing ingredients / Use by dates / Knife skills /Tap chop/rock chop/cross chop</p> <p>Different methods of cooking /Grilling Frying/scrambling/ Seasoning/whisking/beating/testing/knowing when cooked/boiling/steaming/</p> <p>Eggs- Nutrition / sourcing / boiled egg/ fried egg/Scrambled eggs /poached Eggs /cooked breakfast</p> <p>Breakfast- Importance of breakfast</p> <p>/grilling/baking/toasting/stirring/blending/ Making a bacon sandwich /Porridge/Breakfast flapjack</p> <p>Soups-Leek and potato /tomato/ simmering /Parboiling</p> <p>Pasta-How to cook/nutritional value/ ragu/ /pasta bake/lasagne</p> <p>Mince- Making a chilli/spaggetti Bolognese/ Meatballs /Shepherd's pie</p> <p>Veg – Sourcing/ Wash and prep/Knife skills/Potato wedges/Baked potatoes/Krispy kale / Roasted vegetables/ Caesar salad and dressing</p> <p>Key Skills / Basic knife skills/ Knife safety /Tap chop/ Peeling/ Slicing /spreading/Washing/Weighing/Mixing/Stirring</p> <p>Link science (bacteria/ infection/cross contamination/ methods of heating and cooking)</p> <p>Key Vocab</p> <p>SMSC Cruelty to animals in food production/Ethical issues in produce.</p>	<p>Assignment Brief – Assessment</p> <p>Home Cooking Skills Level 1 /2</p> <p>Reflect on own learning/Identify ways to pass on home cooking skills / Value of gaining cooking skills/Plan/Prepare/presentation/economise</p> <p>Nutrition/ Nutritional values/ Meal Planning /Planning a healthy meal</p> <p>Sourcing ingredients/Labeling /Preparing, Sourcing and cooking meats</p> <p>Investigate multicultural food products</p> <p>Simmering/seasoning/serving/roasting/Bashing/rubbing together/Rolling Wraps</p> <p>Chicken / Beef – Curry /stir-fry /kebabs/chops/roast chicken dinner</p> <p>Stews/Fish fingers/Fish pie/pan-fry tuna/salsa/fish in sauce</p> <p>Bread making- Sieving/ kneading/proving/ shaping/freezing dough/ making focaccia/Garlic bread/bread rolls.</p> <p>Biscuits- Brownies- Basic methods of baking, all in one method, Rubbing in method/shortbread/Victoria sponge</p> <p>Key Skills/ Mixing/Weighing/Measuring/Baking/Kneading/Shaping</p> <p>Link Numeracy (weighing/measuring/calorie counting)</p> <p>Link Science/PE (nutrition /energy)</p> <p>Key Vocab</p> <p>SMSC Reflection/Multicultural foods/Cruelty to animals in food production – Healthy food choices- Ethical issues in produce-cultural differences – inspire others sharing skills and knowledge, cultural</p>	<p>Budgeting- shop bought vs homemade/budgeting/cost per person / family meals/How to shop/Where to shop /economising</p> <p>Puddings /stewed fruits/basic pastry/ fruit pie/ bread and butter pudding /crumbles/chopping/rubbing together method/bashing with rolling pin/ healthy eating amounts</p> <p>Fruit- Seasonal/sourcing/organic vs non-organic/Peeling/slicing/syrups/yoghurts/granolas/Nutritional benefits/ Fruit salad/ smoothies</p> <p>BBQ- DEMO if not possible / Chicken fillets-skewers-set up/hygiene/safety/raw and cooked meats / cross contamination /cooking tips.</p> <p>Key Skills Knowing when cooked/ Testing and probing</p> <p>Link Numeracy (economising /cost/shopping)</p> <p>Link science (cross contamination- fuel)</p> <p>Key Vocab</p> <p>SMSC Ethics in food production / fair trade / food miles /nutrition</p>