



## CURRICULUM MAP 2022-23

### Lifeskills / BTEC Home Cooking Skills Level 1/ 2

<p><b>Key Stage 3</b></p> <p><b>Lifeskills</b></p>	<p><b>Autumn term</b> Basic Hygiene and safety / Basic safety in the kitchen/ Storage /Basic Food prep</p> <p>Following a recipe/Basic equipment /Kitchen Basics /Basic methods of cooking Introduction to eggs/breakfast/sandwiches/packed lunch/pasta/ragu /mince/ wedges/jacket</p> <p><b>Key Skills</b> / Basic knife skills/ Knife safety /Tap chop/ Peeling/ Slicing /spreading/Washing/Weighing/Mixing/Stirring</p> <p><b>Link science</b> (bacteria/ infection/cross contamination/ methods of heating and cooking)</p> <p><b>Links Numeracy</b> Weighing/measuring/</p> <p><b>Key Vocab</b> <b>SMSC</b>- Learn to make decisions re hygiene and safety-traditional British foods- Healthy choices</p>	<p><b>Spring Term</b> Basic Nutrition / Food groups/ food and mood/ Calories/ Food Packaging/Know how to make a healthy meal /Meal Planning 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><b>Key Skills</b> / Mixing/Weighing/Measuring/Baking/Kneading/Shaping <b>Link Numeracy</b> (weighing/measuring/calorie counting) <b>Link Science</b>/PE (nutrition /energy) <b>Links Numeracy</b> <b>Key Vocab</b> <b>SMSC</b>- Healthy life choices- Government guidance health of British public- Multicultural foods- cultural differences in food and diet.</p>	<p><b>Summer Term</b> Basics of budgeting/ meal planning on a budget/Shopping basics Puddings/ ice cream/ crumble/ Fruits/yoghurts/Toppings/shop bought pastry</p> <p><b>Key skills</b> -Planning/ Where to buy/ Fresh vs Frozen/ Mixing / creaming/Bashing/serving <b>Link Numeracy</b> (budgeting /cost/shopping) <b>Key Vocab</b> <b>SMSC</b>- Ethical issues in food produce/poverty/ Income/Traditional British dishes</p>
<p><b>Key Stage 4</b></p> <p><b>Btec Home Cooking Skills Level 1/2</b></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/known when cooked/boiling/steaming/</p> <p>Eggs- Nutrition / sourcing / boiled egg/ fried egg/Scrambled eggs /poached Eggs /cooked breakfast Breakfast- Importance of breakfast /grilling/baking/toasting/stirring/blending/ Making a bacon sandwich /Porridge/Breakfast flapjack Soups-Leek and potato /tomato/ simmering /Parboiling Pasta-How to cook/nutritional value/ ragu/ /pasta bake/lasagne Mince- Making a chilli/spaghetti Bolognaise/ Meatballs /Shepherd's pie Veg – Sourcing/ Wash and prep/Knife skills/Potato wedges/Baked potatoes/Krispy kale / Roasted vegetables/ Caesar salad and dressing</p> <p><b>Key Skills</b> / Basic knife skills/ Knife safety /Tap chop/ Peeling/ Slicing /spreading/Washing/Weighing/Mixing/Stirring</p> <p><b>Link science</b> (bacteria/ infection/cross contamination/ methods of heating and cooking)</p> <p><b>Key Vocab</b> <b>SMSC</b> Cruelty to animals in food production/Ethical issues in produce.</p>	<p><b>Assignment Brief – Assessment</b></p> <p>Home Cooking Skills Level 1 /2 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 Sourcing ingredients/Labelling /Preparing, Sourcing and cooking meats 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 Stews/Fish fingers/Fish pie/pan-fry tuna/salsa/fish in sauce 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><b>Key Skills</b> / Mixing/Weighing/Measuring/Baking/Kneading/Shaping <b>Link Numeracy</b> (weighing/measuring/calorie counting) <b>Link Science</b>/PE (nutrition /energy) <b>Key Vocab</b> <b>SMSC</b> 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 differences in food and diet.</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 Fruit- Seasonal/sourcing/organic vs non organic/Peeling/slicing/syrups/yoghurts/granolas/Nutritional benefits/ Fruit salad/ smoothies BBQ- DEMO if not possible / Chicken fillets-skewers-set up/hygiene/safety/raw and cooked meats / cross contamination /cooking tips.</p> <p><b>Key Skills</b> Knowing when cooked/ Testing and probing <b>Link Numeracy</b> (economising /cost/shopping) <b>Link science</b> (cross contamination- fuel) <b>Key Vocab</b> <b>SMSC</b> Ethics in food production / fair trade / food miles /nutrition</p>