

| CURRICULUM MAP Food /Home Cooking Skills | | | |
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| <p>Key Stage 3</p> | <p>Autumn term Basic Hygiene and safety / Basic safety in the kitchen/ Storage /Basic Food prep Following a recipe/Basic equipment /Kitchen Basics /Basic methods of cooking Introduction to eggs/breakfast/sandwiches/packed lunch/pasta/ragu /mince/ wedges/jacket Key Skills / Basic knife skills/ Knife safety /Tap chop/ Peeling/ Slicing /spreading/Washing/Weighing/Mixing/Stirring Link science (bacteria/ infection/cross contamination/ methods of heating and cooking) Links Numeracy Weighing/measuring/ Key Vocab SMSC- Learn to make decisions re hygiene and safety-traditional British foods- Healthy choices</p> | <p>Spring Term 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 Basic baking/ biscuits/cupcakes/Basic bread dough/Bread from around the world Key Skills/ Mixing/Weighing/Measuring/Baking/Kneading/Shaping Link Numeracy (weighing/measuring/calorie counting) Link Science/PE (nutrition /energy) Links Numeracy Key Vocab SMSC- Healthy life choices- Government guidance health of British public- Multicultural foods- cultural differences in food and diet.</p> | <p>Summer Term Basics of budgeting/ meal planning on a budget/Shopping basics Puddings/ ice cream/ crumble/ Fruits/yoghurts/Toppings/shop bought pastry Key skills -Planning/ Where to buy/ Fresh vs Frozen/ Mixing / creaming/Bashing/serving Link Numeracy (budgeting /cost/shopping) Key Vocab SMSC- Ethical issues in food produce/poverty/ Income/Traditional British dishes</p> |
| <p>Key Stage 4</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 Different methods of cooking /Grilling Frying/scrambling/ Seasoning/whisking/boiling/testing/steaming/ knowing when cooked/boiling/steaming/ 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 Bolognese/ Meatballs /Shepherd's pie Veg – Sourcing/ Wash and prep/Knife skills/Potato wedges/Baked potatoes/Krispy kale / Roasted vegetables/ Caesar salad and dressing Key Skills / Basic knife skills/ Knife safety /Tap chop/ Peeling/ Slicing /spreading/Washing/Weighing/Mixing/Stirring Link science (bacteria/ infection/cross contamination/ methods of heating and cooking) Key Vocab SMSC Cruelty to animals in food production/Ethical issues in produce.</p> | <p>Assignment Brief – Assessment 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 Nutrition/ Nutritional values/ Meal Planning /Planning a healthy meal Sourcing ingredients/ Labelling /Preparing, Sourcing and cooking meats Investigate multicultural food products Simmering/seasoning/serving/roasting/Bashing/rubbing together/Rolling Wraps 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. Biscuits- Brownies- Basic methods of baking, all in one method, Rubbing in method/shortbread/Victoria sponge Key Skills/ Mixing/Weighing/Measuring/Baking/Kneading/Shaping Link Numeracy (weighing/measuring/calorie counting) Link Science/PE (nutrition /energy) Key Vocab 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 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 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. Key Skills Knowing when cooked/ Testing and probing Link Numeracy (economising /cost/shopping) Link science (cross contamination- fuel) Key Vocab SMSC Ethics in food production / fair trade / food miles /nutrition</p> |