**West Lancashire Community High School**

**ASDAN Personal Develop Programme/Lifeskills Challenge/Towards Independence**

**ASDAN – Lunch in Unit Sessions**

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| **KS5** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Cycle 1****2024-2025** | **4.Independent Living** 4B2 – Create a traditional meal4A1 – Make a health and safety display 4A9 – Show how accidents can be avoided at home | **4.Independent Living** 4A2 – Prepare a healthy packed lunch**6.Number Handling**6A1 - Compare the cost of different brand options  | **6.Number Handling**6A7 – Show how you use weights and volumes6A9 – Make a weekly shopping list for one person |
| **LifeSkills Challenge** | **1197 –** Cooking for myself**1033 –** Hazards in the kitchen | **4456 –** Make a healthy packed lunch**1892** – Going Shopping | **3103 –** Understanding length, weight and volume**3743** – creating a weekly shopping list |
| **TI – Introduction** | **Meal Preparation & Cooking**Section L: Prepare and try food from another country**Baking Sensory:**Section C: Exploring tastes, smells and textures | **Meal Preparation & Cooking**Section E: Planning and shopping**Baking Sensory**Section G: Project | **Meal Preparation & Cooking**Section D: Using equipment**Baking**: Section D: Exploring baking equipment |
| **TI - Progression** | **Meal Preparation & Cooking**Section H: Food from other cultures**Baking**Section E: Making biscuits | **Meal Preparation & Cooking**Section D: Planning a meal using fresh ingredients**Baking**Section D: Planning and shopping | **Meal Preparation & Cooking**Section C: Using equipment**Baking**Section C: Using baking equipment |
| **Cycle 2****2025-2026** | **7.Health and Well-Being** 7A2 – Make a display around a balance diet7A5 – Design a questionnaire on fruit and vegetables | **9.Science and Technology**9B3 – Make, test and evaluate a product**10.The Wider World**10B1 – Produce an in-depth study of another country | **10.The Wider World**10B3 – Organise an international themed celebration**4.Independent Living** 4A3 – Clean and tidy a room |
| **LifeSkills Challenge** | **3466 –** Healthy Eating | **1010 –** Design and make a wooden product**3059 –** Developing functional skills in relation to a cultural celebration from a different country | **3060 –** Developing functional skills in relation to a cultural celebration from a different country**1700 –** Cleaning a home |
| **TI – Introduction** | **Meal Preparation & Cooking**Section H: Making a cold snack**Baking Sensory**Section F: Exploring baking techniques | **Meal Preparation & Cooking**Section I: Making a hot snack**Baking Sensory**Section B: Exploring textures | **Meal Preparation & Cooking**Section K: Serving and clearing away**Baking Sensory****Section C:** Exploring tastes, smells and colour |
| **TI - Progression** | **Meal Preparation & Cooking**Section I: Planning a menu**Baking**Section F: Making cupcakes | **Meal Preparation & Cooking**Section E: Cooking a meal**Baking**Section H: Savoury baking | **Meal Preparation & Cooking**Section F: Serving and clearing away**Baking**Section A: Hygiene |
| **Cycle 3****2023-2024** | **4.Independent Living** 4A4 – Wash and iron your clothes4B4 – Design three health and safety posters4A5 – Make a list of emergency contact numbers | **4.Independent Living** 4A6 – Show how you recycle items at home4B7 – Plan out a weekly food shop for a family 4A7 – Show how different food should be stored**1.Communication**1A5 – Find out how to use a piece of equipment | **4.Independent Living** 4A10 – Bake and decorate a cake4B1 – Cook a meal for someone with dietary needs |
| **LifeSkills Challenge** | **3878 –** Preparing and washing clothes**4673** – Recognising and getting help in an emergency | **2662 –** Recyling**3743** – creating a weekly shopping list**1127** – Storing food safely | **4036 –** Participate in baking**6048 -** Understanding a balanced diet |
| **TI – Introduction** | **Meal Preparation & Cooking**Section A: HygieneSection B: Health & safety**Baking Sensory**Section A: Hygiene routines | **Meal Preparation & Cooking**Section C: Food Storage**Baking Sensory**Section E: Switches and sounds | **Meal Preparation & Cooking**Section G: Making a hot drink**Baking Sensory**Section G: Project |
| **TI - Progression** | **Meal Preparation & Cooking**Section A: Health & Safety**Baking**Section B: Health & Safety | **Meal Preparation & Cooking**Section B: Food storage**Baking** Section I: Make cakes for a party | **Meal Preparation & Cooking**Section G: Entertaining**Baking**Section G: Making a celebration cake |