**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 meal  4A1 – 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 volumes  6A9 – 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 diet  7A5 – 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 clothes  4B4 – Design three health and safety posters  4A5 – Make a list of emergency contact numbers | **4.Independent Living**  4A6 – Show how you recycle items at home  4B7 – 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 cake  4B1 – 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: Hygiene  Section 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 |