

Cooking and Nutrition Curriculum Overview

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
PRIMARY	To be able to demonstrate the skills and techniques to prepare ingredients during food preparation and the cooking process Weighing and measuring ingredients during food preparation Prepare a variety of predominantly savoury dishes Food hygiene and safety	To be able to demonstrate the skills and techniques to prepare ingredients during food preparation and the cooking process Weighing and measuring ingredients during food preparation Prepare a variety of predominantly savoury dishes Food hygiene and safety	To be able to demonstrate the skills and techniques to prepare ingredients during food preparation and the cooking process Weighing and measuring ingredients during food preparation Prepare a variety of predominantly savoury dishes Food hygiene and safety	To be able to demonstrate the skills and techniques to prepare ingredients during food preparation and the cooking process Weighing and measuring ingredients during food preparation Prepare a variety of predominantly savoury dishes Food hygiene and safety	To be able to demonstrate the skills and techniques to prepare ingredients during food preparation and the cooking process Weighing and measuring ingredients during food preparation Prepare a variety of predominantly savoury dishes Food hygiene and safety	To be able to demonstrate the skills and techniques to prepare ingredients during food preparation and the cooking process Weighing and measuring ingredients during food preparation Prepare a variety of predominantly savoury dishes Food hygiene and safety
	Understanding how a variety of ingredients are grown, reared, caught and processed.	Seasonality Harvest grow wild	Foods from plants and animals	Food origins: from farm to fork	Foods produced in different areas of the world	Foods from around the world
	The fundamental principles of nutrition and health. Eatwell Guide How the food groups differ in size	The fundamental principles of nutrition and health. Eatwell Guide Why we need energy and nutrients	The fundamental principles of nutrition and health. Eatwell Guide Sources of energy and nutrients	The fundamental principles of nutrition and health. Eatwell Guide Healthy eating and nutrition	The fundamental principles of nutrition and health. Eatwell Guide Food groups explained	The fundamental principles of nutrition and health. Eatwell Guide Eatwell Plate

T1	Health and safety in the kitchen Food and personal hygiene Food preparation Cooking skills and techniques Weighing and measuring ingredients during food preparation Prepare a variety of predominantly savoury dishes Food hygiene and safety Personalised program to meet individual needs	Health and safety in the kitchen Food and personal hygiene Food preparation Cooking skills and techniques Weighing and measuring ingredients during food preparation Prepare a variety of predominantly savoury dishes Food hygiene and safety Personalised program to meet individual needs	Health and safety in the kitchen Food and personal hygiene Food preparation Cooking skills and techniques Weighing and measuring ingredients during food preparation Prepare a variety of predominantly savoury dishes Food hygiene and safety Personalised program to meet individual needs	Health and safety in the kitchen Food and personal hygiene Food preparation Cooking skills and techniques Weighing and measuring ingredients during food preparation Prepare a variety of predominantly savoury dishes Food hygiene and safety Personalised program to meet individual needs	Health and safety in the kitchen Food and personal hygiene Food preparation Cooking skills and techniques Weighing and measuring ingredients during food preparation Prepare a variety of predominantly savoury dishes Food hygiene and safety Personalised program to meet individual needs	Health and safety in the kitchen Food and personal hygiene Food preparation Cooking skills and techniques Weighing and measuring ingredients during food preparation Prepare a variety of predominantly savoury dishes Food hygiene and safety Personalised program to meet individual needs
Y7	Food a fact of life. Familiarise themselves with the kitchen surrounding to establish prior knowledge and the confidence to continue their progress. Kitchen equipment, utensils, health and safety rules and procedures, Personal hygiene procedures, Food hygiene safety procedures. Demonstrate a range of food skills and techniques; Prepare a variety of healthy dishes using	Food a fact of life. Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process. Weights and measuring Prepare a variety of healthy dishes using a range of cooking techniques To investigate ways in which recipes can be	Food a fact of life. Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process Weights and measuring Prepare a variety of healthy dishes using a range of cooking techniques To describe sensory evaluation and list the	Food a fact of life. Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process Weights and measuring Prepare a variety of healthy dishes using a range of cooking techniques Sensory evaluation of	Food a fact of life. Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process Weights and measuring Prepare a variety of healthy dishes using a range of cooking techniques Compare the ingredients, cost and	Food a fact of life. Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process Weights and measuring Prepare a variety of healthy dishes using a range of cooking techniques Understand the source, seasonality

	a range of cooking techniques To understand and apply the principles of nutrition and health. Eatwell guide Essential nutrients Food groups explained Functions and main sources of the essential nutrients.	modified. To understand and apply the principles of nutrition and health. Eatwell guide Able to identify nutrients in various ingredients. The five food groups: How to eat a healthy balanced diet.	sensory descriptors of recipe. To understand and apply the principles of nutrition and health. Eatwell guide Recommended intake of fat, salt, sugar, calories and water. Source and seasonality	shop bought and homemade recipe To understand and apply the principles of nutrition and health. Eatwell guide Explain the benefits of a healthy and varied diet. Influences that affect our food choices.	portion size To understand and apply the principles of nutrition and health. Eatwell guide What is a nutrient and why does the body need them. Discuss nutrients provided by a recipe Source and seasonality	and characteristics of the ingredients used in the recipe. To understand and apply the principles of nutrition and health. Eatwell guide Understands the importance of drinking the recommended water intake Essential nutrients: What are they and why your body needs them to function efficiently?
Y8	Food a fact of life. Familiarise themselves with the kitchen surrounding to establish prior knowledge and the confidence to continue their progress. Kitchen equipment, utensils, health and safety rules and procedures, Personal hygiene procedures, Food hygiene safety procedures. Demonstrate a range of food skills and techniques; Prepare a variety of healthy dishes using a range of cooking	Food a fact of life. Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process. Weights and measuring Food management and food storage Prepare a variety of healthy dishes using a range of cooking techniques	Food a fact of life. Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process Weights and measuring Food management and food storage Prepare a variety of healthy dishes using a range of cooking techniques	Food a fact of life. Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process. Weights and measuring Food management and food storage Prepare a variety of healthy dishes using a range of cooking techniques	Food a fact of life. Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process. Weights and measuring Food management and food storage Prepare a variety of healthy dishes using a range of cooking techniques	Food a fact of life. Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process. Weights and measuring Food management and food storage Prepare a variety of healthy dishes using a range of cooking techniques

	techniques	To investigate how and why food is wasted.	To calculate the nutritional profile and compare the effect of using alternative ingredients	To modify a recipe to create a healthier option.	To plan and create a recipe for a healthier meal to be served in a leisure venue.	To demonstrate the use of a marinade to enhance the flavour of a dish.
	To understand and apply the principles of nutrition and health. Eatwell guide	To understand and apply the principles of nutrition and health. Eatwell guide	To understand and apply the principles of nutrition and health. Eatwell guide	To understand and apply the principles of nutrition and health. Eatwell guide	To understand and apply the principles of nutrition and health. Eatwell guide	To understand and apply the principles of nutrition and health. Eatwell guide
	Influences that affect our food choices	To investigate the dietary needs of young people	To consider ways recipes can be modified to meet the nutritional needs of young people	To describe energy and explain why its needed	To identify sources of energy in the diet. To describe how energy needs change throughout life.	To define energy balance and relate the consequences of imbalance.

	techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process. Weights and measuring Prepare a variety of healthy dishes using a range of cooking techniques Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life	techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process. Weights and measuring Prepare a variety of healthy dishes using a range of cooking techniques Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life	techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process. Weights and measuring Prepare a variety of healthy dishes using a range of cooking techniques Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life	techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process. Weights and measuring Prepare a variety of healthy dishes using a range of cooking techniques Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life	techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process. Weights and measuring Prepare a variety of healthy dishes using a range of cooking techniques Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life	techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process. Weights and measuring Prepare a variety of healthy dishes using a range of cooking techniques Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life
Y11	Food a fact of life. Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils.	Food a fact of life. Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of	Food a fact of life. Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use	Food a fact of life. Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils.	Food a fact of life. Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use	Food a fact of life. Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use

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BTEC HOME COOKING SKILLS LEVEL 2	Introduction to the unit and the structure of the learning and assessment. This unit aims to give the skills and confidence to enjoy cooking at home, to continue cooking for themselves and their families and to inspire others to do so Practical sessions with each recipe underpinned with knowledge about sourcing food, nutrition, hygiene and food safety where relevant Assessment Criteria Plan a nutritious two-course meal 1.1 Plan a nutritious two-course meal 2.1 Select and prepare ingredients for recipes for a nutritious, two-course meal 2.2 Use cooking skills when following the recipes 2.3 Demonstrate food safety and hygiene throughout the preparation and cooking process 2.4 Apply presentation skills when serving the meal 3.1 Explain ways to economise when cooking at home 4.1 Identify ways information about cooking meals at home from scratch has been passed on to others Practical Assignment					

	Assessment criteria 1.1, 2.1,1.2.2, 2.3, 2.4 To complete this task you will plan a nutritious two-course meal, cost and provide a shopping list with the necessary ingredients required to cook your chosen two-course meal. During the task you will need to demonstrate the appropriate cooking skills while following safe food and hygiene practices throughout and apply appropriate presentation skills when serving the meal.					
P16I	Personalised Cooking and Nutrition Program to meet individual needs Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process. Weights and measuring Prepare a variety of healthy dishes using a range of cooking techniques Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life	Personalised Cooking and Nutrition Program to meet individual needs Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process. Weights and measuring Prepare a variety of healthy dishes using a range of cooking techniques Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life	Personalised Cooking and Nutrition Program to meet individual needs Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process. Weights and measuring Prepare a variety of healthy dishes using a range of cooking techniques Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life	Personalised Cooking and Nutrition Program to meet individual needs Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process. Weights and measuring Prepare a variety of healthy dishes using a range of cooking techniques Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life	Personalised Cooking and Nutrition Program to meet individual needs Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process. Weights and measuring Prepare a variety of healthy dishes using a range of cooking techniques Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life	Personalised Cooking and Nutrition Program to meet individual needs Demonstrate a range of food skills and techniques. To be able to prepare ingredients for recipes To be able to safely use the right kitchen utensils. Safe and correct use of kitchen electrical equipment during cooking process. Weights and measuring Prepare a variety of healthy dishes using a range of cooking techniques Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life

P16I	Asdan Independent Living Certificate	Asdan Independent Living Certificate	Asdan Independent Living Certificate	Asdan Independent Living Certificate	Asdan Independent Living Certificate	Asdan Independent Living Certificate
	Development of skills essential for independent living Personalised program to meet individual needs Nine Sections Making Breakfast Making a hot drink Making a packed lunch Making a main meal Cleaning Using a washing machine Using a tumble dryer Ironing Project	Development of skills essential for independent living Personalised program to meet individual needs Nine Sections Making Breakfast Making a hot drink Making a packed lunch Making a main meal Cleaning Using a washing machine Using a tumble dryer Ironing Project	Development of skills essential for independent living Personalised program to meet individual needs Nine Sections Making Breakfast Making a hot drink Making a packed lunch Making a main meal Cleaning Using a washing machine Using a tumble dryer Ironing Project	Development of skills essential for independent living Personalised program to meet individual needs Nine Sections Making Breakfast Making a hot drink Making a packed lunch Making a main meal Cleaning Using a washing machine Using a tumble dryer Ironing Project	Development of skills essential for independent living Personalised program to meet individual needs Nine Sections Making Breakfast Making a hot drink Making a packed lunch Making a main meal Cleaning Using a washing machine Using a tumble dryer Ironing Project	Development of skills essential for independent living Personalised program to meet individual needs Nine Sections Making Breakfast Making a hot drink Making a packed lunch Making a main meal Cleaning Using a washing machine Using a tumble dryer Ironing Project
P16T	Personalised Cooking and Nutrition Program to meet individual needs	Personalised Cooking and Nutrition Program to meet individual needs	Personalised Cooking and Nutrition Program to meet individual needs	Personalised Cooking and Nutrition Program to meet individual needs	Personalised Cooking and Nutrition Program to meet individual needs	Personalised Cooking and Nutrition Program to meet individual needs
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