

Cooking and Nutrition Curriculum Overview 2023/24

	AUTUMN	SPRING	SUMMER
PRIMARY	<p>Eatwell plate Understanding how a variety of ingredients are grown, reared, caught and processed. Prepare a variety of basic dishes using a range of cooking techniques Weighing ingredients</p>	<p>Eatwell plate How the food groups differ in size Foods produced in different areas of the world Seasonality Prepare a variety of basic dishes using a range of cooking techniques</p>	<p>Eatwell plate Grow wild Gardening project How certain foods affect the body Prepare a variety of basic dishes using a range of cooking techniques</p>
	<p>Health and safety in the kitchen Food and personal hygiene Food preparation Cooking skills and techniques Principles of nutrition and health</p>		
T1	<p>Eatwell plate Understanding how a variety of ingredients are grown, reared, caught and processed. Seasonality Prepare a variety of basic dishes using a range of cooking techniques Weighing ingredients Grow wild Gardening project Personalised program to meet individual needs</p>	<p>Eatwell plate Understanding how a variety of ingredients are grown, reared, caught and processed. Seasonality Prepare a variety of basic dishes using a range of cooking techniques Weighing ingredients Grow wild Gardening project Personalised program to meet individual needs</p>	<p>Eatwell plate Understanding how a variety of ingredients are grown, reared, caught and processed. Seasonality Prepare a variety of basic dishes using a range of cooking techniques Weighing ingredients Grow wild Gardening project Personalised program to meet individual needs</p>
	<p>Health and safety in the kitchen Food and personal hygiene Food preparation Cooking skills and techniques Principles of nutrition and health</p>		
S3	<p>Eatwell guide Essential nutrients Food groups explained Prepare a variety of healthy dishes using a range of cooking techniques</p>	<p>Eatwell guide Understanding the importance of a healthy balanced diet and the benefits to health and well being Source and seasonality.</p>	<p>Eatwell guide Understanding the source and seasonality of a broad range of ingredients Prepare a variety of healthy dishes using a range of cooking techniques</p>

		Prepare a variety of healthy dishes using a range of cooking techniques	Introduction to herbs and spices Awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using own recipes.
	<p>Health and safety in the kitchen Food and personal hygiene Food preparation Cooking skills and techniques Kitchen utensils and electrical equipment. Principles of nutrition and health</p>		
S4/5	Eatwell guide Essential nutrients Food groups explained Prepare a variety of healthy dishes using a range of cooking techniques	Eatwell guide Understanding the importance of a healthy balanced diet and the benefits to health and well being Source and seasonality. Prepare a variety of healthy dishes using a range of cooking techniques	Eatwell guide Understanding the source and seasonality of a broad range of ingredients Prepare a variety of healthy dishes using a range of cooking techniques Introduction to herbs and spices Awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using own recipes.
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S7	Understanding the importance of a healthy balanced diet and the benefits to well being Function and main sources of the essential nutrients. Why your body needs them to function efficiently? Eatwell guide recommendations Cooking a variety of healthy meals to promote a healthy lifestyle Follow chosen recipe	Understanding the correct proportions from each food group for a healthy balanced diet The benefits to the body and the ways that food can contribute to helping an individual stay healthy Eatwell guide recommendations Cooking a variety of healthy meals to promote a healthy lifestyle Follow chosen recipe	The factors that influence our food choices How to plan a healthy balanced diet Eatwell guide recommendations Cooking a variety of healthy meals to promote a healthy lifestyle Follow chosen recipe

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<p>P16F BTEC HOME COOKING SKILLS</p>	<p>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 1.1 Select and prepare ingredients for a recipe 1.2 Use cooking skills when following a recipe 1.3 Demonstrate food safety and hygiene throughout the preparation and cooking process 2.1 Reflect on own learning about the value of gaining cooking skills 2.2 Identify ways to pass on information about home cooking Practical Assignment Assessment criteria 1.1, 1.2,1.3 To complete this task you will plan, cost and provide a shopping list with the necessary ingredients required to cook your chosen recipe. During the task you will need to demonstrate the appropriate cooking skills while following safe food and hygiene practices throughout</p>		
	<p>Health and safety in the kitchen Food and personal hygiene Food preparation Cooking skills and techniques Kitchen utensils and electrical equipment. Principles of nutrition and health Sourcing food Confidence to enjoy cooking ay home</p>		
<p>P16F</p>	<p>Independent living skills Independence personalised program to meet individual needs</p>	<p>Independent living skills Independence personalised program to meet individual needs</p>	<p>Independent living skills Independence personalised program to meet individual needs</p>

	<p style="text-align: center;">Independent living skills Development of skills essential for independent living</p>		
<p style="text-align: center;">P16T</p>	<p>Understanding the importance of a healthy balanced diet and the benefits to well being The factors that influence our food choices How to plan a healthy balanced diet Eatwell guide recommendations Cooking a variety of healthy meals to promote a healthy lifestyle. Follow chosen recipe Independent living skills Independence personalised program to meet individual needs</p>	<p>Understanding the importance of a healthy balanced diet and the benefits to well being The factors that influence our food choices How to plan a healthy balanced diet Eatwell guide recommendations Cooking a variety of healthy meals to promote a healthy lifestyle. Follow chosen recipe Independent living skills Independence personalised program to meet individual needs</p>	<p>Understanding the importance of a healthy balanced diet and the benefits to well being The factors that influence our food choices How to plan a healthy balanced diet Eatwell guide recommendations Cooking a variety of healthy meals to promote a healthy lifestyle. Follow chosen recipe Independent living skills Independence personalised program to meet individual needs</p>
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