

Cooking and Nutrition Curriculum Overview 2025/26

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

<p>T1</p>	<p>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</p> <p>Personalised program to meet individual needs</p>	<p>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</p> <p>Personalised program to meet individual needs</p>	<p>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</p> <p>Personalised program to meet individual needs</p>	<p>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</p> <p>Personalised program to meet individual needs</p>	<p>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</p> <p>Personalised program to meet individual needs</p>	<p>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</p> <p>Personalised program to meet individual needs</p>
<p>Y7</p>	<p>Food a fact of life.</p> <p>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</p>	<p>Food a fact of life.</p> <p>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</p> <p>To investigate ways in which recipes can be</p>	<p>Food a fact of life.</p> <p>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</p> <p>To describe sensory evaluation and list the</p>	<p>Food a fact of life.</p> <p>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</p> <p>Sensory evaluation of</p>	<p>Food a fact of life.</p> <p>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</p> <p>Compare the ingredients, cost and</p>	<p>Food a fact of life.</p> <p>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</p> <p>Understand the source, seasonality</p>

	<p>a range of cooking techniques</p> <p>To understand and apply the principles of nutrition and health. Eatwell guide</p> <p>Essential nutrients Food groups explained</p> <p>Functions and main sources of the essential nutrients.</p>	<p>modified.</p> <p>To understand and apply the principles of nutrition and health. Eatwell guide</p> <p>Able to identify nutrients in various ingredients.</p> <p>The five food groups: How to eat a healthy balanced diet.</p>	<p>sensory descriptors of recipe.</p> <p>To understand and apply the principles of nutrition and health. Eatwell guide</p> <p>Recommended intake of fat, salt, sugar, calories and water.</p> <p>Source and seasonality</p>	<p>shop bought and homemade recipe</p> <p>To understand and apply the principles of nutrition and health. Eatwell guide</p> <p>Explain the benefits of a healthy and varied diet.</p> <p>Influences that affect our food choices.</p>	<p>portion size</p> <p>To understand and apply the principles of nutrition and health. Eatwell guide</p> <p>What is a nutrient and why does the body need them.</p> <p>Discuss nutrients provided by a recipe Source and seasonality</p>	<p>and characteristics of the ingredients used in the recipe.</p> <p>To understand and apply the principles of nutrition and health. Eatwell guide</p> <p>Understands the importance of drinking the recommended water intake</p> <p>Essential nutrients: What are they and why your body needs them to function efficiently?</p>
<p>Y8</p>	<p>Food a fact of life.</p> <p>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</p>	<p>Food a fact of life.</p> <p>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</p>	<p>Food a fact of life.</p> <p>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</p>	<p>Food a fact of life.</p> <p>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</p>	<p>Food a fact of life.</p> <p>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</p>	<p>Food a fact of life.</p> <p>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</p>

	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.

<p>Y9</p>	<p>Food a fact of life.</p> <p>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 techniques</p> <p>To understand and apply the principles of nutrition and health. Apply the principles of the Eatwell guide and relate this to diet through life</p>	<p>Food a fact of life.</p> <p>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</p> <p>Gelatinization in food Aeration in food</p> <p>To understand and apply the principles of nutrition and health. Apply the principles of the Eatwell guide and relate this to diet through life</p>	<p>Food a fact of life.</p> <p>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</p> <p>To calculate the cost of a dish and compare with a readymade version</p> <p>To understand and apply the principles of nutrition and health. Apply the principles of the Eatwell guide and relate this to diet through life</p>	<p>Food a fact of life.</p> <p>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</p> <p>Supermarket recipe Kit available options</p> <p>To understand and apply the principles of nutrition and health. Apply the principles of the Eatwell guide and relate this to diet through life</p>	<p>Food a fact of life.</p> <p>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</p> <p>Produce a recipe card</p> <p>To understand and apply the principles of nutrition and health. Apply the principles of the Eatwell guide and relate this to diet through life</p>	<p>Food a fact of life.</p> <p>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</p> <p>Describe sensory Evaluation and list The sensory Descriptors for recipe</p> <p>To understand and apply the principles of nutrition and health. Apply the principles of the Eatwell guide and relate this to diet through life</p>
<p>Y10</p>	<p>Food a fact of life.</p> <p>Demonstrate a range of food skills and</p>	<p>Food a fact of life.</p> <p>Demonstrate a range of food skills and</p>	<p>Food a fact of life.</p> <p>Demonstrate a range of food skills and</p>	<p>Food a fact of life.</p> <p>Demonstrate a range of food skills and</p>	<p>Food a fact of life.</p> <p>Demonstrate a range of food skills and</p>	<p>Food a fact of life.</p> <p>Demonstrate a range of food skills and</p>

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<p>BTEC HOME COOKING SKILLS LEVEL 2</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 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</p>					

	<p>Assessment criteria 1.1, 2.1,1.2.2, 2.3, 2.4</p> <p>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.</p>					
<p>P16I</p>	<p>Personalised Cooking and Nutrition Program to meet individual needs</p> <p>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</p> <p>To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life</p>	<p>Personalised Cooking and Nutrition Program to meet individual needs</p> <p>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</p> <p>To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life</p>	<p>Personalised Cooking and Nutrition Program to meet individual needs</p> <p>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</p> <p>To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life</p>	<p>Personalised Cooking and Nutrition Program to meet individual needs</p> <p>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</p> <p>To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life</p>	<p>Personalised Cooking and Nutrition Program to meet individual needs</p> <p>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</p> <p>To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life</p>	<p>Personalised Cooking and Nutrition Program to meet individual needs</p> <p>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</p> <p>To understand the fundamentals of nutrition, health and well-being Apply the principles of the Eatwell guide and relate this to diet through life</p>

<p>P16I</p>	<p>Asdan Independent Living Certificate</p> <p>Development of skills essential for independent living</p> <p>Personalised program to meet individual needs</p> <p>Nine Sections</p> <p>Making Breakfast</p> <p>Making a hot drink</p> <p>Making a packed lunch</p> <p>Making a main meal</p> <p>Cleaning</p> <p>Using a washing machine</p> <p>Using a tumble dryer</p> <p>Ironing</p> <p>Project</p>	<p>Asdan Independent Living Certificate</p> <p>Development of skills essential for independent living</p> <p>Personalised program to meet individual needs</p> <p>Nine Sections</p> <p>Making Breakfast</p> <p>Making a hot drink</p> <p>Making a packed lunch</p> <p>Making a main meal</p> <p>Cleaning</p> <p>Using a washing machine</p> <p>Using a tumble dryer</p> <p>Ironing</p> <p>Project</p>	<p>Asdan Independent Living Certificate</p> <p>Development of skills essential for independent living</p> <p>Personalised program to meet individual needs</p> <p>Nine Sections</p> <p>Making Breakfast</p> <p>Making a hot drink</p> <p>Making a packed lunch</p> <p>Making a main meal</p> <p>Cleaning</p> <p>Using a washing machine</p> <p>Using a tumble dryer</p> <p>Ironing</p> <p>Project</p>	<p>Asdan Independent Living Certificate</p> <p>Development of skills essential for independent living</p> <p>Personalised program to meet individual needs</p> <p>Nine Sections</p> <p>Making Breakfast</p> <p>Making a hot drink</p> <p>Making a packed lunch</p> <p>Making a main meal</p> <p>Cleaning</p> <p>Using a washing machine</p> <p>Using a tumble dryer</p> <p>Ironing</p> <p>Project</p>	<p>Asdan Independent Living Certificate</p> <p>Development of skills essential for independent living</p> <p>Personalised program to meet individual needs</p> <p>Nine Sections</p> <p>Making Breakfast</p> <p>Making a hot drink</p> <p>Making a packed lunch</p> <p>Making a main meal</p> <p>Cleaning</p> <p>Using a washing machine</p> <p>Using a tumble dryer</p> <p>Ironing</p> <p>Project</p>	<p>Asdan Independent Living Certificate</p> <p>Development of skills essential for independent living</p> <p>Personalised program to meet individual needs</p> <p>Nine Sections</p> <p>Making Breakfast</p> <p>Making a hot drink</p> <p>Making a packed lunch</p> <p>Making a main meal</p> <p>Cleaning</p> <p>Using a washing machine</p> <p>Using a tumble dryer</p> <p>Ironing</p> <p>Project</p>
<p>P16T</p>	<p>Personalised Cooking and Nutrition Program to meet individual needs</p> <p>Demonstrate a range of food skills and techniques.</p> <p>To be able to prepare ingredients for recipes</p> <p>To be able to safely use the right kitchen utensils.</p> <p>Safe and correct use of kitchen electrical equipment during cooking process.</p> <p>Weights and measuring</p> <p>Prepare a variety of healthy dishes using a range of cooking</p>	<p>Personalised Cooking and Nutrition Program to meet individual needs</p> <p>Demonstrate a range of food skills and techniques.</p> <p>To be able to prepare ingredients for recipes</p> <p>To be able to safely use the right kitchen utensils.</p> <p>Safe and correct use of kitchen electrical equipment during cooking process.</p> <p>Weights and measuring</p> <p>Prepare a variety of healthy dishes using a range of cooking</p>	<p>Personalised Cooking and Nutrition Program to meet individual needs</p> <p>Demonstrate a range of food skills and techniques.</p> <p>To be able to prepare ingredients for recipes</p> <p>To be able to safely use the right kitchen utensils.</p> <p>Safe and correct use of kitchen electrical equipment during cooking process.</p> <p>Weights and measuring</p> <p>Prepare a variety of healthy dishes using a range of cooking</p>	<p>Personalised Cooking and Nutrition Program to meet individual needs</p> <p>Demonstrate a range of food skills and techniques.</p> <p>To be able to prepare ingredients for recipes</p> <p>To be able to safely use the right kitchen utensils.</p> <p>Safe and correct use of kitchen electrical equipment during cooking process.</p> <p>Weights and measuring</p> <p>Prepare a variety of healthy dishes using a range of cooking</p>	<p>Personalised Cooking and Nutrition Program to meet individual needs</p> <p>Demonstrate a range of food skills and techniques.</p> <p>To be able to prepare ingredients for recipes</p> <p>To be able to safely use the right kitchen utensils.</p> <p>Safe and correct use of kitchen electrical equipment during cooking process.</p> <p>Weights and measuring</p> <p>Prepare a variety of healthy dishes using a range of cooking</p>	<p>Personalised Cooking and Nutrition Program to meet individual needs</p> <p>Demonstrate a range of food skills and techniques.</p> <p>To be able to prepare ingredients for recipes</p> <p>To be able to safely use the right kitchen utensils.</p> <p>Safe and correct use of kitchen electrical equipment during cooking process.</p> <p>Weights and measuring</p> <p>Prepare a variety of healthy dishes using a range of cooking</p>

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<p>P16T</p>	<p>Independent living skills</p> <p>Development of skills essential for independent living</p> <p>personalised program to meet individual needs</p>	<p>Independent living skills</p> <p>Development of skills essential for independent living</p> <p>personalised program to meet individual needs</p>	<p>Independent living skills</p> <p>Development of skills essential for independent living</p> <p>personalised program to meet individual needs</p>	<p>Independent living skills</p> <p>Development of skills essential for independent living</p> <p>personalised program to meet individual needs</p>	<p>Independent living skills</p> <p>Development of skills essential for independent living</p> <p>personalised program to meet individual needs</p>	<p>Independent living skills</p> <p>Development of skills essential for independent living</p> <p>personalised program to meet individual needs</p>