

## Cooking and Nutrition Curriculum Overview 2021/22

	AUTUMN	SPRING	SUMMER
PRIMARY	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	EatWell plate How the food groups differ in size Prepare a variety of basic dishes using a range of cooking techniques Foods produced in different areas of the world Seasonality	EatWell plate Grow wild Gardening project Prepare a variety of basic dishes using a range of cooking techniques How certain foods affect the body
	Health and safety in the kitchen Food hygiene Food preparation Cooking skills and techniques Principles of nutrition and health		
S3	EatWell plate Essential nutrients Food groups explained Prepare a variety of healthy dishes using a range of cooking techniques	EatWell plate Understanding the importance of a healthy balanced diet and the benefits to health and well being Seasonality. Prepare a variety of healthy dishes using a range of cooking techniques	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.
	Health and safety in the kitchen Food hygiene Food preparation Cooking skills and techniques Kitchen utensils and electrical equipment. Principles of nutrition and health		
S5	EatWell plate The six essential nutrients Food groups Prepare a variety of healthy dishes using a range of cooking techniques Follow a chosen recipe	Function and main sources of the essential nutrients Source and seasonality. Herbs and spices season dishes and combine ingredients Prepare a variety of healthy dishes using a range of cooking techniques Follow a chosen recipe	Understanding the correct proportions from each food group for a healthy well balanced diet Awareness of taste, texture and how to season dishes and combine ingredients Prepare a variety of healthy dishes using a range of cooking techniques Follow a chosen recipe

	<p>Health and safety in the kitchen  Food hygiene  Food preparation  Cooking skills and techniques  Kitchen utensils and electrical equipment.  Principles of nutrition and health</p>		
S7	<p>Understanding the importance of a healthy balanced diet  Function and main sources of the essential nutrients  Cooking a variety of healthy meals to promote a healthy lifestyle.  Follow a chosen recipe</p>	<p>The benefits to the body and the ways that food can contribute to helping an individual stay healthy  Cooking a variety of healthy meals to promote a healthy lifestyle  Follow a chosen recipe</p>	<p>Plan a health diet for oneself and others  Understanding the correct proportions from each food group for a healthy balanced diet  Cooking a variety of healthy meals to promote a healthy lifestyle  Follow a chosen recipe</p>
	<p>Health and safety in the kitchen  Food hygiene  Food preparation  Cooking skills and techniques  Kitchen utensils and electrical equipment  Principles of nutrition and health</p>		
P16I	<p>Understanding the importance of a healthy balanced diet and the benefits to well being  The factors that influence our food choices  Cooking a variety of healthy meals to promote a healthy lifestyle.  Follow chosen recipe  Independent living skills</p>	<p>Function and main sources of the essential nutrients. Why your body needs them to function efficiently?  Herbs and spices season dishes and combine ingredients  Prepare a variety of healthy dishes using a range of cooking techniques  Follow chosen recipe  Independent living skills</p>	<p>The factors that influence our food choices  Healthy diet plan  Understanding the correct proportions from each food group for a healthy balanced diet  Cooking a variety of healthy meals to promote a healthy lifestyle  Follow chosen recipe  Independent living skills</p>
	<p>Health and safety in the kitchen  Food hygiene  Food preparation  Cooking skills and techniques  Kitchen utensils and electrical equipment.  Principles of nutrition and health  Independent living skills</p>		

<b>P16F</b>	<p>Understanding the importance of a healthy balanced diet and the benefits to well being  The factors that influence our food choices  Cooking a variety of healthy meals to promote a healthy lifestyle.  Follow chosen recipe</p>	<p>Function and main sources of the essential nutrients Why your body needs them to function efficiently?  Herbs and spices season dishes and combine ingredients  Prepare a variety of healthy dishes using a range of cooking techniques  Follow chosen recipe</p>	<p>The factors that influence our food choices  Healthy diet plan  Understanding the correct proportions from each food group for a healthy balanced diet  Cooking a variety of healthy meals to promote a healthy lifestyle  Follow chosen recipe</p>
	<p>Health and safety in the kitchen  Food hygiene  Food preparation  Cooking skills and techniques  Kitchen utensils and electrical equipment.  Principles of nutrition and health</p>		
<b>P16F</b> <b>BTEC HOME COOKING SKILLS</b>	<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</p>		
	<p>Health and safety in the kitchen  Food hygiene  Food preparation  Cooking skills and techniques  Kitchen utensils and electrical equipment.  Principles of nutrition and health</p>		
<b>P16C</b>	<p>Understanding the importance of a healthy balanced diet  Understanding the correct proportions from each food group for a healthy balanced diet  Cooking a variety of healthy meals to promote a healthy lifestyle.</p>	<p>Function and main sources of the essential nutrients. Why your body needs them to function efficiently?  Herbs and spices season dishes and combine ingredients  Prepare a variety of healthy dishes using a</p>	<p>The factors that influence our food choices  Healthy diet plan  Understanding the correct proportions from each food group for a healthy balanced diet  Cooking a variety of healthy meals to promote a healthy lifestyle</p>

	Follow chosen recipe Independent living skills	range of cooking techniques Follow chosen recipe Independent living skills	Follow chosen recipe Independent living skills
	Health and safety in the kitchen Food hygiene Food preparation Cooking skills and techniques Kitchen utensils and electrical equipment. Principles of nutrition and health Independent living skills		
P19T	Understanding the importance of a healthy balanced diet and the benefits to well being The factors that influence our food choices Cooking a variety of healthy meals to promote a healthy lifestyle. Follow chosen recipe Independent living skills	Function and main sources of the essential nutrients. Why your body needs them to function efficiently? Herbs and spices season dishes and combine ingredients Prepare a variety of healthy dishes using a range of cooking techniques Follow chosen recipe Independent living skills	The factors that influence our food choices Healthy diet plan Understanding the correct proportions from each food group for a healthy balanced diet Cooking a variety of healthy meals to promote a healthy lifestyle Follow chosen recipe Independent living skills
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