

Cooking and Nutrition Policy

St Vincent's School for Sensory Impairment and Other Needs



Approved by:	Mrs. P. Beech	Date: 23/09/2025
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1. Purpose of the policy

This policy reflects the aims and values of St Vincent's School. It ensures all stakeholders, including staff, governors, parents and pupils, are working towards the same goals. Cooking and Nutrition is a vital part of our curriculum, offering all pupils, regardless of need or ability, the opportunity to explore creativity, develop self-expression, and build confidence.

The purpose of this policy is designed to:

- Set out a framework for all teaching and non-teaching staff, giving guidance on planning, teaching and assessment
- Demonstrate adherence to the National Curriculum objectives and guidelines
- Provide clear information to parents and carers about what their children will be taught
- Allow the governing board to monitor the curriculum
- Provide Ofsted inspectors with evidence of curriculum planning and implementation

This policy will be available on our school website www.stvin.com.

2. Subject vision

At St Vincent's, our vision for Cooking and Nutrition is to inspire and equip all pupils, including those with visual and/or sensory impairments, to develop lifelong knowledge, skills, and confidence in food, nutrition, and healthy living. We believe that access to a rich, practical, and inclusive Cooking and Nutrition curriculum is essential for fostering independence, wellbeing, and personal development.

Our vision is grounded in the belief that all pupils, regardless of their sensory or visual abilities, can become competent, creative, and confident cooks, capable of making informed choices about what they eat, understanding the nutritional value of food, and appreciating its role in culture, society, and the environment. We aim to make learning accessible, multisensory, and empowering, using tactile, auditory, and practical approaches to ensure that every pupil can engage fully with the curriculum.

3. Aims and outcomes

By the end of their school journey, pupils with visual impairments should leave with the ability to cook independently, make informed choices about their diet, and apply their knowledge of food to lead healthy, fulfilling lives — fully meeting the National Curriculum outcomes, but in ways that are tailored to their needs. St Vincent's school curriculum aims for Cooking and Nutrition are detailed below:

1. To develop a basic understanding of and to stimulate an interest in food, healthy eating and diet.
2. To teach pupils that personal cleanliness is an important aspect of being safe and healthy.
3. To be aware of the influence of social, cultural and economic factors on the availability and choice of food.
4. To teach the use of equipment usually found in the home and to introduce equipment especially suited to the VI user.
5. To teach safety methods – according to a specific set of rules
6. To enable pupils to appreciate the difficulties of being a consumer.
7. To teach skills in manipulation of food.
8. To teach nutritional value of healthy foods.
9. To relate food, energy, and exercise to a healthy body.
10. To reinforce practical skills gained – from planning, preparation, and serving.
11. To encourage students to rely on their own judgement and so gain confidence in their ability.
12. To teach basic principles related to the preparation of all food.
13. To develop pupils aesthetic sense by showing the correct ways of serving and presenting food.
14. To provide motivation and aid concept development in wider curriculum areas.

The national curriculum for Cooking and Nutrition aims to ensure that all pupils:

1. Understand and apply the principles of nutrition and health.
2. Learn how to cook and develop a repertoire of predominantly savoury dishes so they are able to feed themselves and others a healthy, varied diet.
3. Become competent in a range of cooking techniques, including:
 - selecting and preparing ingredients,
 - using utensils and electrical equipment,
 - applying heat in different ways,
 - combining and shaping ingredients,
 - using awareness of taste, texture and smell to season and combine ingredients effectively.

4. Understand the source, seasonality and characteristics of a broad range of ingredients, including how food is grown, reared, caught and processed.

Outcomes:

By the time pupils complete compulsory cooking and nutrition education, they should be able to:

- Plan, prepare, and cook a range of dishes confidently and safely, drawing on an increasing repertoire of cooking skills and techniques.
- Apply knowledge of nutrition and health to make informed choices about their own diet, recognising the role of food in maintaining lifelong health and wellbeing.
- Demonstrate competence in practical cookery, including accurate measurement, safe use of utensils and equipment, and effective application of heat and cooking methods.
- Show understanding of food provenance and sustainability, including seasonality, farming, processing, and the environmental impact of food choices.
- Adapt and evaluate recipes, considering dietary needs, flavour, cost, and sustainability.
- Work independently to prepare balanced, varied meals — equipping them for life beyond school.

By the end of their school journey, pupils shall leave with the ability to cook independently, make informed choices about their diet, and apply their knowledge of food to lead healthy, fulfilling lives — fully meeting the National Curriculum outcomes, but in ways that are tailored to their needs

4. Teaching and learning

Cooking and Nutrition is taught in single aged classes by class tutor. Lesson plans are based around the subject's long-term plan and resources available, with objectives adapted to suit the stage of development for the pupils in each class. The teaching of C&N is completed by following a curriculum that not only incorporates the DfE National Curriculum but also includes the Curriculum Framework for Visual Impairment (CVFI), and the knowledge of vastly experienced tutor.

Our curriculum is also aligned with the Food – A Fact for Life and, Oak National Academy. A key feature of the units are to support teachers and pupils in having rich, contextual and critical discussion. It draws on evidence-based research and is informed by the definitions and examples of good practice.

Teaching Methods

- Forward planning so that necessary resources are available to complete task.
- Regular checks to ensure working areas fully operational at all times.
- Adequate provision of appropriate equipment suitable for a range of abilities, vision and physical disabilities.
- Opportunity for individual attention and discussion within a practical skill based situations.
- Opportunity for the development and evaluation of a range of independent skills and processes.

Manual Dexterity

- Pupils are taught to use a full range of strategies as appropriate to their needs.
- Specific rules are employed to ensure Health and Safety frameworks are applied.

- The use of appliances and their application of use are modified and differentiated to pupil need e.g. cold iron employment before hot iron use.
- Equipment modified for personalised use.

Progression

Encouraging progression through stimulation, motivation, interest and enjoyment in cooking, nutrition and Living Skills. Working through Cooking and Nutrition, Living skills to achieve independence strategies for life, this enhances confidence and logical order, strengthening ability and manual dexterity.

5. Curriculum overview

Our Cooking and Nutrition curriculum develops pupils' knowledge, skills, and confidence to make healthy, informed choices about food. Drawing on the trusted resources of *Food – a Fact of Life* and *Oak National Academy*, the programme combines practical cooking, nutrition education, and food science.

Pupils learn about the principles of a balanced diet, the importance of food safety, and the role of food in culture and society. Through hands-on cooking lessons, they practise essential skills such as measuring, preparing, and cooking a wide range of ingredients, while applying nutrition knowledge to create dishes that are both tasty and healthy.

The curriculum is sequenced to build progressively. By the end of the course, pupils will have the knowledge and skills to cook independently, evaluate their food choices critically, and appreciate the impact of diet on lifelong health and wellbeing.

5.1 Key Stage (KS) 1

In KS1, pupils will:

- Use the basic principles of a healthy and varied diet to prepare dishes.
- Understand where food comes from.

Curriculum coverage:

- Introduction to the Eatwell Guide and food groups (*Food – a Fact of Life*).
- Simple, no-cook and basic cooking activities (e.g. fruit salads, sandwiches).
- Learning where common foods come from – plant vs animal sources.
- Exploring healthy eating messages in an age-appropriate way (*Oak National Academy*).

5.2 Key Stage (KS) 2

In KS2, pupils will:

- Understand and apply the principles of a healthy and varied diet.
- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Curriculum coverage:

- Using nutrition knowledge to plan simple balanced meals (*Food – a Fact of Life*).
- Practical skills: peeling, chopping, grating, measuring, mixing, baking, boiling, frying.

- Cooking a wider range of savoury dishes (e.g. pasta, soups, stir-fries).
- Studying seasonality and food origins, including sustainability and food waste (*Oak National Academy*).

5.3 Key Stage (KS) 3

In KS3, pupils will:

- Understand and apply the principles of nutrition and health.
- Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet.
- Become competent in a range of cooking techniques (e.g. selecting and preparing ingredients, using utensils and electrical equipment, applying heat in different ways, combining and shaping ingredients, and using awareness of taste, texture and smell to decide how to season dishes and combine ingredients).
- Understand the source, seasonality and characteristics of a broad range of ingredients.

Curriculum coverage:

- Deeper knowledge of macro- and micronutrients, dietary guidelines, and health issues (*Food – a Fact of Life*).
- Meal planning for specific dietary needs (e.g. vegetarian, allergies).
- Developing competence in a range of cooking techniques and more complex recipes (e.g. curries, breads, sauces).
- Understanding food provenance, ethical issues, and environmental impacts (*Oak National Academy*).

5.4 Key Stage (KS) 4

Cooking and Nutrition is not part of the statutory National Curriculum at KS4. However, pupils who choose to study Cooking and Nutrition typically follow an accredited course which builds on KS3 skills and includes:

Curriculum coverage:

- Food science and functions of ingredients (linked to GCSE / BTEC / ASDAN preparation).
- Advanced cooking skills (e.g. pastry, sauce-making, knife skills, time management).
- Independent meal planning and cooking.
- Evaluating food choices in relation to health, culture, environment, and sustainability (*Food – a Fact of Life & Oak National Academy* extension units).

5.5 Key Stage (KS) 5

Cooking and Nutrition is not part of the statutory National Curriculum at KS5. However, pupils who choose to study Cooking and Nutrition typically follow an accredited course which builds on KS4 skills and includes:

Curriculum coverage:

- Advanced cooking skills (e.g. pastry, sauce-making, knife skills, time management).
- Independent meal planning and cooking.

Detail of programmes of study/curriculum maps can also be found on our school website: www.stvin.com

5.6 Programmes of study see Anex A

6. Cross-curricular links

Cooking and nutrition has cross links with the following subjects:

Maths – weighing, measuring liquids and solids, budgeting.

Geography – different countries and cultures and the food they eat.

Science – the need for food. Melting and solidifying, freezing and thawing. The effect that cooking has on food.

English Language – the ability to follow instructions.

RE – consideration of culture. • Mobility and Independent Living skills – self help, life skills and enhancement of health knowledge.

Geography / R.E – Knowledge of the wider world and other cultures.

Cooking and Nutrition – Wider Curriculum Contribution

Citizenship

- Encourages pupils to understand consumer rights and responsibilities.
- Promotes awareness of sustainability, food waste, and environmental issues.
- Develops financial literacy through budgeting for ingredients.
- Celebrates cultural diversity by exploring food traditions from different communities.

RSHE

- Supports healthy lifestyles through knowledge of nutrition and balanced diets.
- Builds independence and self-care skills essential for adulthood.
- Promotes discussion of diet-related health issues such as obesity, diabetes, and allergies.
- Recognises the social value of food in family and community life.

SMSC

- Spiritual: Encourages reflection on food as part of creativity, culture, and gratitude.
- Moral: Considers ethical issues in food production, including sustainability and fair trade.
- Social: Develops teamwork, communication, and responsibility through collaborative cooking.
- Cultural: Celebrates global food traditions, fostering respect for diversity.

Gatsby Benchmarks

- Benchmark 2: Links curriculum learning to skills for independence and employability.
- Benchmark 4: Provides encounters with real-life contexts for work through practical cooking.
- Benchmark 5: Highlights careers in hospitality, health, food production, and sustainability.
- Benchmark 6: Builds understanding of the workplace through applied skills and career pathways.

7. Assessment, recording and feedback

7.1 Assessment

St Vincent's School uses assessment to enable staff to understand what pupils have learnt before, what they need to learn now and what they will learn next.

Formative assessment

- Teacher Observation
 - Monitoring engagement, effort, and technique during practical work.
 - Assessing how students use materials and respond to feedback.
- Workbook / Folder Reviews
 - Evaluating the development of ideas, research, experimentation, and annotation.
 - Encouraging self-reflection and documentation of progress.
- Questioning and Class Discussion
 - Informally assessing understanding of techniques, concepts, and art history.
 - Checking for depth of thought, vocabulary use, and analysis skills.
- Peer and Self-Assessment
 - Students reflect on their own work or critique classmates' work.
 - Encourages independent learning and critical thinking.
- Feedback (Verbal and Written)
 - Regular, specific feedback from the teacher during lessons.
 - Often recorded in sketchbooks or digital platforms (iTrack).

Summative assessment

- Project Outcomes
 - Final pieces assessed against clear criteria
- End-of-term or end-of-year grades
 - School-based levels – through iTrack).

At the end of each school term pupils will be assessed within 1 of the following bands:

- Emerging
- Developing
- On track
- Secure
- Exceeding

Please see the below linked policies for further details:

- Assessment policy
- Teaching and Learning Policy

Marking

Children receive regular feedback and St Vincent's School marking follows the school's marking policy. More information can be gathered in our marking and feedback policy.

7.2 Recording

In Cooking and Nutrition, pupils will record their learning in the following ways:

- Topic books or folders
- Online assessment-based tool – iTrack

This may take the form of photographs, pictures, notes or written work, and may be worksheet-based or fully independent.

We will provide regular targets for pupils and provide termly verbal reports against these at parents' evenings. Pupils will receive a written report twice per year, once at Annual Review and once at Monitoring Evening.

8. Resources

8.1 Textbooks and other equipment

The C&N Department provides a wide range of materials and equipment to support creative learning across all key stages. This includes access to recipes in the correct format and kitchen equipment suitable and accessible for pupils with a sensory need, this includes access to talking microwaves, talking scales, liquid level indicators etc. Resources are maintained to ensure health and safety standards, and are used purposefully to support curriculum delivery, skill development, and individual expression. The department aims to ensure all students have equal access to quality materials, regardless of background or ability.

8.2 External speakers, local museums, trips

Educational trips can play a role in enriching Cooking and Nutrition lessons by connecting classroom learning to real-world experiences.

For pupils with visual impairments, these experiences can be made fully accessible through multisensory activities such as handling, tasting, and smelling ingredients, ensuring that all learners benefit from real-world exploration.

The impact of trips and guest sessions is reviewed through student feedback and staff evaluation to inform future planning.

9. Roles and responsibilities

9.1 Senior Leadership Team

The Senior Leadership Team at St Vincent's school will:

- Support the subject leader but also hold them to account for the effectiveness of the subject
- Support staff through the provision of training and resources
- Monitor the planning and delivery of the subject
- Ensure the requirements of the National Curriculum are met
- Ensure this policy is reviewed according to the timescales set out

9.2 Subject leader

The subject leaders at St Vincent's school will:

- Prepare and review subject policy and curriculum plans
- Promote the study of the subject throughout the school
- Monitor the teaching and assessment of the subject
- Attend appropriate CPD
- Stay informed regarding developments in the study and teaching of the subject
- Evaluate resources
- Provide training and CPD to staff on the subject curriculum and its delivery, and keep them informed about subject developments nationally
- Assess the impact of the subject curriculum on pupils' learning and development

9.3 Link governor

The link governor responsible for monitoring the curriculum at our school will:

- Monitor the impact of the subject across the school and on pupils

- Monitor teacher workload and professional development
- Ensure subject action plans are suitable
- Monitor the quality of resources
- Keep track of pupil and parent engagement with the subject
- Keep up to date with the curriculum (what's taught, why it's taught, and how it's taught)

9.4 Classroom teacher

Classroom teachers at our school will:

- Teach and assess the subject according to the principles laid out in this policy
- Report to the curriculum manager / Assistant Headteacher
- Maintain subject knowledge and appropriate CPD

9.5 Parents

The parent community at our school will follow the responsibilities set out in the Home School Agreement.

10. Inclusion

All pupils are entitled to a broad, balanced and relevant curriculum which enables them to make progress in relation to their priority needs.

Pupils at St Vincent's may have additional needs – sensory, physical, emotional, behavioural or additional learning difficulties.

For these pupils there is a need to provide further modifications to the teaching programmes. As a school we ensure we follow the SEND Code of Practice (2014, updated April 2020) and the Education Health Care Plans (EHCP). Teachers will plan lessons so pupils with visual impairment and/or sensory need can study Cooking and Nutrition, wherever possible, and ensure that there are no barriers to every pupil achieving.

Differentiations for Levels of Ability

Differentiation will be achieved through:

- the setting of tasks appropriate to pupils' levels of ability, vision and manual dexterity.
- the use of tasks which achieve differentiation through different methods of approach.

Classroom Approaches

The classroom approach is based on:

- Practical work and discussion
- Group work, one-to-one teaching, structured personalised sessions
- Problem solving approaches i.e. cooking times of different foods.
- Encouragement and praise.
- A sociable atmosphere.

The above list is not exhaustive and should be adapted for each individual pupil.

Further information can be found in our statement of equality information and objectives, and in our SEN policy and information report.

11. Links to other policies

This subject policy links to the following policies and procedures:

- Curriculum policy
- Assessment policy
- Marking and Feedback policy
- SEND policy

12. Monitoring and review

This policy will be reviewed by staff and governors every year.

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

T1	<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;</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>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>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>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>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>Prepare a variety of healthy dishes using 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>To investigate ways in which recipes can be 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>To describe sensory evaluation and list the 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>Sensory evaluation of 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>Compare the ingredients, cost and 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>Understand the source, seasonality 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>
Y8	<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</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</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</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</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</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</p>

	techniques; Prepare a variety of healthy dishes using a range of cooking techniques	range of cooking techniques	range of cooking techniques	healthy dishes using a range of cooking techniques	range of cooking techniques	range of cooking 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 Influences that affect our food choices	To understand and apply the principles of nutrition and health. Eatwell guide To investigate the dietary needs of young people	To understand and apply the principles of nutrition and health. Eatwell guide To consider ways recipes can be modified to meet the nutritional needs of young people	To understand and apply the principles of nutrition and health. Eatwell guide To describe energy and explain why its needed	To understand and apply the principles of nutrition and health. Eatwell guide To identify sources of energy in the diet. To describe how energy needs change throughout life.	To understand and apply the principles of nutrition and health. Eatwell guide To define energy balance and relate the consequences of imbalance.

Y9	Food a fact of life.	Food a fact of life.	Food a fact of life.	Food a fact of life.	Food a fact of life.	Food a fact of life.
	<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>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>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>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>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>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>

Y10	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 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	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 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	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 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	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 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	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 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	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 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	Food a fact of life. Demonstrate a range of food skills and	Food a fact of life. Demonstrate a range of food skills and	Food a fact of life. Demonstrate a range of food skills and	Food a fact of life. Demonstrate a range of food skills and

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

P16I	<p>2.1 Select and prepare ingredients for recipes for a nutritious, two-course meal</p> <p>2.2 Use cooking skills when following the recipes</p> <p>2.3 Demonstrate food safety and hygiene throughout the preparation and cooking process</p> <p>2.4 Apply presentation skills when serving the meal</p> <p>3.1 Explain ways to economise when cooking at home</p> <p>4.1 Identify ways information about cooking meals at home from scratch has been passed on to others</p> <p>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>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 techniques</p> <p>Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety</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 techniques</p> <p>Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety</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 techniques</p> <p>Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety</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 techniques</p> <p>Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety</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 techniques</p> <p>Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety</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 techniques</p> <p>Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety</p>

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P16I	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	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	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	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	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	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
P16T	Personalised Cooking and Nutrition Program to meet individual needs Demonstrate a range of food skills and techniques. To be able to prepare	Personalised Cooking and Nutrition Program to meet individual needs Demonstrate a range of food skills and techniques. To be able to prepare	Personalised Cooking and Nutrition Program to meet individual needs Demonstrate a range of food skills and techniques. To be able to prepare	Personalised Cooking and Nutrition Program to meet individual needs Demonstrate a range of food skills and techniques. To be able to prepare	Personalised Cooking and Nutrition Program to meet individual needs Demonstrate a range of food skills and techniques. To be able to prepare	Personalised Cooking and Nutrition Program to meet individual needs Demonstrate a range of food skills and techniques. To be able to prepare

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P16T	<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>

