

COOKING

KS2

1

HEALTH & SAFETY IN THE KITCHEN

Autumn Term :

Different methods and techniques within the kitchen.

Ensuring that students understand how to prepare food in a safe environment.

HEALTHY EATING

SPRING TERM

Sessions based around the cultural calendar.

Functions of ingredients

2

3

READY, STEADY, COOK

Summer Term

Healthier alternatives to traditional takeaways. Understanding the use of natural sugars, fats and oils.

PROGRESSION TO KS3

4

COOKING

KS3

1

HEALTH & SAFETY IN THE KITCHEN

Autumn Term :

Different methods and techniques within the kitchen.

Ensuring that students understand how to prepare food in a safe environment.

FUNCTIONS OF INGREDIENTS

SPRING TERM

Sessions based around the cultural calendar.

Develop a deeper understanding and independence when working with a range of ingredients

2

3

HEALTHY SUBSTITUTES

Summer Term

Healthier alternatives to traditional takeaways. Understanding the use of natural sugars, flour and fat and its substitutes.

PROGRESSION TO KS4

4

COOKING

KS4

1

PRACTICAL FOOD SKILLS

Autumn Term :

Using multiple cooking methods in one dish.

FOOD PREPARATION & PRESENTATION

SPRING TERM

Higher level skills; sauces, pastry, bread and bread making .

Garnishing and improving presentation

2

3

FOOD AROUND THE WORLD

Summer Term

Exploring dishes from different countries.

Linking food to culture and celebration.

COOKING ON A BUDGET

Cooking filling, low-cost meals

Reducing waste by using leftovers.

Comparing branded vs, supermarket, value
products.

4

FURTHER EDUCATION