



Cooking

	<u>Cooking</u>				
	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1				Food safety and hygiene: <ul style="list-style-type: none"> - Food storage - Food labelling - Food preparation - Storing leftover food - using knives safely Recipes: <ul style="list-style-type: none"> - Eggs; 3 ways - Breakfast; smoothies and sandwiches - Cheesecake - Pasta; macaroni cheese - Seasonal baking; Christmas cookies 	Selecting ingredients: <ul style="list-style-type: none"> - Factors e.g., fresh, seasonal, locally produced. Skills: <ul style="list-style-type: none"> - Preparation skills - Cooking skills - Following recipes Recipes: <ul style="list-style-type: none"> - Soup - Stew - Fish - Mince - Chicken
Autumn 2					



		<ul style="list-style-type: none"> - Storing leftover food - using knives safely <p>Recipes:</p> <ul style="list-style-type: none"> - Eggs; 3 ways - Breakfast; smoothies and sandwiches - Cheesecake - Pasta; macaroni cheese - seasonal baking; Christmas cookies 	<ul style="list-style-type: none"> - Preparation skills - Cooking skills - Following recipes <p>Recipes:</p> <ul style="list-style-type: none"> - Soup - Stew - Fish - Mince - Chicken
Spring 1		<p>Selecting ingredients Kitchen basics</p> <p>Skills:</p> <ul style="list-style-type: none"> - Preparation skills - Cooking skills - Following recipes <p>Recipes:</p> <ul style="list-style-type: none"> - Homemade bread - Packed lunches - Crumble - Apple tart - Seasonal Baking; Easter brookies 	<p>Ways to pass on information Cooking economically</p> <p>Skills:</p> <ul style="list-style-type: none"> - Preparation skills - Following recipes: <p>Recipes:</p> <ul style="list-style-type: none"> - Stir fry - Curry - Quick cook meat - Seasonal baking - Vegetables



<p>Spring 2</p>				<p>Selecting ingredients Kitchen basics</p> <p>Skills:</p> <ul style="list-style-type: none"> - <i>Preparation skills</i> - <i>Cooking skills</i> - <i>Following recipes</i> <p>Recipes:</p> <ul style="list-style-type: none"> - <i>Homemade bread</i> - <i>Packed lunches</i> - <i>Crumble</i> - <i>Apple Tart</i> - <i>Seasonal Baking; Easter brookies</i> 	<p>Ways to pass on information Cooking economically</p> <p>Skills:</p> <ul style="list-style-type: none"> - <i>Preparation skills</i> - <i>Following recipes</i> <p>Recipes:</p> <ul style="list-style-type: none"> - <i>Stir fry</i> - <i>Curry</i> - <i>Quick cook meat</i> - <i>Seasonal baking</i> - <i>Vegetables</i>
<p>Summer 1</p>				<p>Cooking economically</p> <p>Skills:</p> <ul style="list-style-type: none"> - <i>Preparation skills</i> - <i>Cooking skills</i> - <i>Following recipes</i> <p>Recipes:</p> <ul style="list-style-type: none"> - <i>Cooking economically challenge</i> - <i>Bolognaise</i> - <i>Fajitas</i> - <i>Salads</i> - <i>BBQ</i> 	<p>Plan a nutritious two-course meal Designing a menu and invitation. Serving a meal and accommodating guests. Meal presentation</p> <p>Skills:</p> <ul style="list-style-type: none"> - <i>Preparation skills</i> - <i>Cooking skills</i> - <i>Following recipes</i> <p>Recipes:</p> <ul style="list-style-type: none"> - <i>2 course meal</i> - <i>BBQ</i>



					<ul style="list-style-type: none">- <i>Salad</i>- <i>Vegetables</i>- <i>Pasta</i>
Summer 2				<p>Cooking economically</p> <p>Skills:</p> <ul style="list-style-type: none">- <i>Preparation skills</i>- <i>Cooking skills</i>- <i>Following recipes</i> <p>Recipes:</p> <ul style="list-style-type: none">- <i>Cooking economically challenge</i>- <i>Bolognaise</i>- <i>Fajitas</i>- <i>Salads</i>- <i>BBQ</i>	<p>Plan a nutritious two-course meal</p> <p>Designing a menu and invitation. Serving a meal and accommodating guests. Meal presentation</p> <p>Skills:</p> <ul style="list-style-type: none">- <i>Preparation skills</i>- <i>Cooking skills</i>- <i>Following recipes</i> <p>Recipes:</p> <ul style="list-style-type: none">- <i>2 course meal</i>- <i>BBQ</i>- <i>Salad</i>- <i>Vegetables</i>- <i>Pasta</i>