

Cooking and Nutrition Learning Journey

Making Healthy Choices Budgeting Kitchen Safety/hygiene Reading recipes/instructions

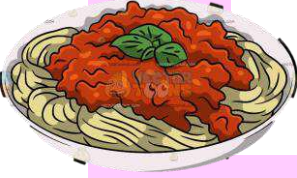
Transferring skills to real life

Intent: At CRS, we aim to provide opportunities to teach life-long cookery skills that build positive memories and promote future healthy, enjoyable cooking elsewhere. Not only is cooking a vital life skill that improves and promotes healthy life-styles and independence, but it also offers opportunities for future careers choices.
Implementation: All students follow a bespoke curriculum that focuses on skills they will need as adults. It builds a love of healthy food and a knowledge of how to keep ourselves healthy and safe. All students have weekly opportunities in termly blocks to cook in a designated Cooking and Nutrition room.
Impact: All students have a good knowledge of health and safety in the kitchen to support their independence now and in adult life. Cookery teachers will evaluate and assess progress using the CREATE assessment tool. Where students are identified as having weaknesses, appropriate support will be put in place.

Social Interaction and Eating – manners, setting the table. Leftovers



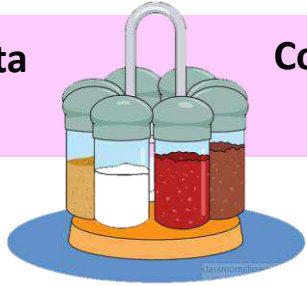
Filling in gaps
Students identify and work on their identified cooking weaknesses



Recipes from other cultures/countries
Comparing shop bought/home made (taste and price)

Cooking for others
Table etiquette-jobs in the food industry
Adapting recipes-food sourcing/seasonality

Home-made Pasta and Sauces



Cooking with Spices (2) Adapting Recipes

Cooking with Spices Seasonings



Year 11

Cooking a dish from another country



Following a recipe

Comparing Processed and Home-made Burgers UK meat industry



Using different equipment safely
Extending our palate
Comparing/giving opinions
Upscaling and proportional budgeting

Meat industry-ethical eating-consumerism
Microwave rules/safety
Nutritional values
Using timing correctly.

Cooking and Nutrition – Grains

Labelling Using Equipment Upscaling /Budgeting

Using microwaves safely Reading instructions on labels/Timings

Year 10



Food Allergies and Intolerances Evaluation of finished products.

Making shopping lists Budgets Table Manners

What makes good/bad diets? Dietary requirements

Food groups-good/bad choices
Safe eating-allergies/intolerance recognition of danger signs
Making shopping lists/budgeting
Vegetarian and vegan alternatives

Basic Food Hygiene
Food storage-sell by dates-food poisoning
Social Interaction and Eating –manners, setting the table.



Healthy Eating – Fats and Sugars

Food Storage Food Hygiene including Food Poisoning Vegetarian/vegan

Safety in the Kitchen Food groups Proteins

Year 9



Using Electrical Equipment Cooking Techniques Ratios, upscaling recipes



Knife Skills



Following Recipes Independently



Safe use of equipment
Developing cooking techniques and skills
Maths skills-quantities

Dietary knowledge and choice
Food preparation-safety
Independence in the kitchen
Food group knowledge

Nutrition Values

Eat Well Plate Vitamins and Minerals

Food Safety Carbohydrates

Year 8



Storing Food Correctly Pasta and Rice



Oven Safety 'Cook with...'



Following Simple Recipes



Introduction to the cooking room at CRS
Safe working practice
Locating & using equipment used in the food room
Introduction to Nutrition & Healthy Eating / Food groups

Storing food correctly-Fridge, freezer, Cupboard
Basic Food Hygiene
Cooking using pans safely and correctly
Social Interaction and Eating –manners, setting the table.

Using Knives Safely Calcium

Using Equipment safely–Hob, Toaster and Grill

Health and Safety/ Kitchen Knowledge

Year 7



Every Child, Every Chance, Every Day

Beginning our Life skills cookery Journey