

## Cooking Curriculum Overview

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
Activities and techniques and skills focus	<p>Confidence in cooking.</p> <p>Typical activities: Following a recipe to create a homemade curry. Using spices and herbs and developing the use of such spices with the results the students are happy with.</p> <p>Vegetarian dishes. Create a dish without meat, eg: roasted veg or vegetarian stir - fry.</p> <p>Students to discuss which vegetables they have never tried and give them the opportunity to try in the following weeks.</p> <p>Discuss Fair Trade, what is it, how do can you tell if ingredients are from Fair trade</p>	<p>Seasonal food</p> <p>Typical activities: Apple Crumble, peeling and preparing the apples. Weighing and blending the ingredients to make the crumble.</p> <p>Chocolate Lava Cake, developing skills of weighing &amp; measuring, mixing, baking the cake, so that the sponge is cooked but still allowing the melted chocolate to flood out when cutting.</p> <p>Donuts using the air-fryer. Discuss the cost comparison between an air fryer and traditional cooking methods. Compare taste of donuts cooked in</p>	<p>Baking</p> <p>Typical activities: Honey cake, following the recipe and developing skills of measuring, weighing mixing and baking a cake.</p> <p>Pancakes developing skills of frying on a lower heat to prevent burning.</p> <p>Pies and pasties, making pastry from scratch. Developing skills of measuring, weighing and blending</p> <p>Looking at different types of pastry</p> <p>Exploring the cost of ready-made pastry in comparison to buying the ingredients and</p>	<p>Street food</p> <p>Typical activities: Copycat KFC recipe: Chicken wings with different coatings and dipping sauces. Students chose which flavours they would prefer.</p> <p>Developing skills of seasoning, flavouring and the used of marinating.</p> <p>Make your own dips, developing knife skills for cutting veg to dip into dips, use of prior knowledge of recipes and or ingredients. Building resilience if things don't taste how we wanted or different to how they taste when</p>	<p>Cooking for a family</p> <p>Typical activities: Millionaire shortbread, students will develop skills for making biscuits, along with making their own caramel, practising skills such as patience while gently stirring the ingredients for the caramel, then using a bain-marie to melt the chocolate.</p> <p>Home-made Scotch eggs: following a recipe students will make home-made scotch eggs, homemade sausage rolls and vegetarian sausage rolls, filled with mushrooms, leeks and cheese.</p>	<p>Catering for a crowd</p> <p>Typical activities: Homemade Burgers. Developing skills of seasoning meat before cooking, building a burger that won't fall apart while cooking.</p> <p>Chocolate chip muffins, following a recipe make homemade muffins developing skills of measuring, weighing and mixing. Using the correct equipment to move the mixture from the bowl to the cake case. Baking for the muffins to rise but not be over cooked.</p> <p>Cheesecake, blending skills such as mixing and whisking to make the base and</p>

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	<p>farms, do they cost more? If so would you pay the extra?</p>	<p>an air fryer to those in an oven.</p> <p>Mince pies, using skills of pastry making and filling with sweet mincemeat</p> <p>Sausage Wreath, making short crust pastry and seasoning the sausage meat appropriately, such as adding Thyme.</p>	<p>making it at home.</p> <p>Trying new ingredients or dishes/taste test</p>	<p>bought from a shop.</p>	<p>Mac &amp; Cheese, students will make a roux, developing skills in weighing, measuring and combining ingredients. Making a roux will take time and patience.</p>	<p>topping for the cheesecake.</p> <p>Seasonal fruits available for decorating the top of the cheesecake</p>
<p>Cultural awareness</p>	<p>Curry Week</p> <p>Vegetarian Week</p> <p>Fair Trade Month</p>	<p>Apple Day</p> <p>Hot Chocolate Day</p> <p>Fuel Poverty Awareness Day</p> <p>Christmas</p>	<p>Winnie the Pooh Day</p> <p>Pancake Day</p> <p>Pi Day</p> <p>Science Week</p>	<p>National BBQ week</p> <p>Hummus Day</p>	<p>National Biscuits Day</p> <p>International Picnic Day</p>	<p>Independence Day</p> <p>World chocolate Day</p>
<p>Supporting the Core</p>	<p>English: Students to read through their recipe. Recipes and feedback sheet printed on appropriate coloured paper, students requiring additional support with reading will be supported by staff.</p>	<p>Maths: Ratio of fruit to crumble mix</p> <p>Maths: comparing the cost of using different methods of cooking, e.g. the cost of using an oven compared to using an air fryer</p>	<p>Maths: using international Pi Day helps start conversations around the use of Pi and its symbol</p> <p>Science Week: Linking the topic to cooking. This year "what's your curiosity?"</p>	<p>English: Students to read through their recipe. Recipes and feedback sheet printed on appropriate coloured paper, students requiring additional support with reading will be</p>	<p>Maths: Comparing the cost of batch cooking items such as sausage rolls to shop bought</p> <p>English: Students to read through their recipe. Recipes and feedback sheet printed on</p>	<p>PSHE: Fairtrade what is it, does chocolate from fair trade sources taste different or cost more</p> <p>Oracy: Students to discuss, share thoughts and ideas around fair trade</p> <p>English: Students to read through</p>

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	<p>Oracy: Students discussing opinions, thoughts and ideas around new/unfamiliar vegetables or vegetables they don't like</p> <p>Science: Healthy diet and alternatives from meat</p> <p>PSHE: Challenging preconceived ideas around Curry and its origins</p> <p>Maths: Comparing the cost of a take-away curry to the cost of making it at home.</p>	<p>English: Students to read through their recipe. Recipes and feedback sheet printed on appropriate coloured paper, students requiring additional support with reading will be supported by staff.</p>	<p>English: Students to read through their recipe. Recipes and feedback sheet printed on appropriate coloured paper, students requiring additional support with reading will be supported by staff.</p> <p>Oracy: Students to discuss which/what new dishes they enjoyed and why.</p>	<p>supported by staff.</p> <p>Science: look at pathogens found in food and how to best avoid the transfer of them, eg: storing food safely. Ensuring food is thoroughly cooked especially on a BBQ.</p> <p>Maths: Ratio of ingredients to get the best flavour</p>	<p>appropriate coloured paper, students requiring additional support with reading will be supported by staff.</p> <p>Science: timings of boiling eggs. Is it best to boil the water then add eggs or place the eggs in cold water then bring to the boil.</p>	<p>their recipe. Recipes and feedback sheet printed on appropriate coloured paper, students requiring additional support with reading will be supported by staff.</p> <p>Science: How the ingredients once mixed will become firm. When chilled despite being liquid to begin with.</p>
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