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| **This half term: Skills, Knowledge and**  **Understanding to be developed:**  the knowledge, skills and confidence to enjoy cooking meals at home.  gain understanding of how to economise when planning meals to cook at home.  encourage learners to transfer skills learnt to other recipes to continue cooking for themselves and their families and to inspire others by passing on their knowledge | **Key Terms to be learned this half term:**  Planning a meal including choosing recipes, sourcing ingredients, timings for assembly, preparation, cooking and presentation and how the meal contributes to a balanced diet. |

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| **Week 1 and 2 Learning Objectives etc.:**  **Introduction** to unit and structure of the programme of learning and assessment.  **Discussion** on planning a meal including choosing recipes, sourcing ingredients, timings for assembly, preparation, cooking and presentation and how the meal contributes to a balanced diet.  Hygiene, sourcing ingredients, nutritional value, equipment, measuring, cooking tips, seasoning, timings, serving, sweet and savoury recipes, accompaniments to make a balanced meal, presentation.  **Practical:**   1. Tea and Toast (simple breakfast, grill, kettle, socializing with food) 2. Dutch Apple Cake (Weigh, Measure, Sift, Cream, Beat, Mix, stir and combine, Fold, Core, Slice, Bake. 3. Potato Chowder (peeling, chopping, boiling, frying, boiling) 4. Frittata (Weigh and measure, Cut, chop, slice and trim, Grate, Whisk, mix and stir, divide, bake) |  | **Objective assessments:**  Be able to use the skills for each recipe to make a successful dish | **Homework:**  Royal Society of Public Health (RSPH) Questions on food hygiene |
| **Week 3 and 4 Learning Objectives etc.:**  **Discussion** – hygiene, sourcing ingredients, nutritional value, equipment, measuring, cooking tips, seasoning, timings, serving, presentation. How to make up a lunch box, frozen juice as refrigerator.  **Practical:**   1. Jam Tarts (rubbing in, making pastry, rolling, cutting, portioning) 2. Welsh Rarebit (Grate, Stir, Grill, Spread) 3. Mini Quiche (Weigh, Measure, Sift, Cut and slice, rub in, Mix, roll out, Grill, Grate, Bake) 4. Breakfast Bar (Weighing, measuring, stirring, refrigerating) |  | **Objective assessments:**  To select and prepare ingredients for recipes for a nutritious dish with varying ingredients and cooking methods. | **Homework:**  Royal Society of Public Health (RSPH) Questions on nutrition |
| **Week 5 and 6 Learning Objectives etc.:**  **Discussion** – hygiene, sourcing ingredients, economy: buying in season, using basic store cupboard ingredients, equipment, measuring, cooking tips, seasoning, timings, serving, nutritional value, accompaniments to make a balanced meal, presentation.  Variety of ingredients, ways to add vegetables (shaved carrot, beetroot, asparagus), protein (bacon, poached eggs, pulses, cannellini beans, lentils)  **Practical:**   1. Scotch Egg (Weigh, Boil and simmer, Form and shape, Bake) 2. Fresh Fruit Tartlet (rubbing in, rolling, cutting, portioning, simmering, thickening, chopping, custard making, pastry making, setting) 3. Chow Mein (deboning, marinating, frying, sauce making) 4. Ginger Biscuits (weighing, rubbing in, portioning, baking, oven use) | APP – Initial Skills | **Objective assessments:**  To make more complex and skilled dishes following recipes. | **Homework:**  Royal Society of Public Health (RSPH) Questions on health and safety |
| **Week 7 Learning Objectives etc.:**  **Discussion –** hygiene, sourcing ingredients eg different types of flour, equipment, measuring, cooking tips, seasoning, timings, serving eg what to swerve with pizza to make it a nutritious meal, nutritional value, presentation.   * **Practical:** Pizza Bread Base (Weigh, Measure, Stir and mix, Knead, Prove, Divide, Roll out, Spread, Chop and slice, Decorate, Bake) |  | **Objective assessments:**  To be successful making a variety of dishes. | **Homework:**  Practice cookery skills and get use to cooking food for other people by using recipes. |