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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. Encouragement to transfer skills learnt to other recipes to continue cooking and to inspire others by passing on knowledge. | **Key Terms to be learned this half term:**  Cooking economically: meal planning, buy food in season; plan ahead; buy in larger quantities to cook and freeze eg mince for Bolognese sauce; use leftovers eg potato salad, chicken sandwich; ask advice when shopping eg from butcher about alternative cuts of meat, ways to pass on information |

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| **Week 1 and 2 Learning Objectives etc:**  **Discussion –** hygiene, economy, eg buying in bulk to freeze; nutritional value, equipment, measuring, cooking tips, seasoning, timings, alternatives, serving, presentation, sourcing ingredients,  **Practical:**   * Milkshakes * Fish cakes * Chocolate mousse * Dauphinoise Potatoes | **APP Food, Safety and Hygiene** | **Objective assessments:**  To select and prepare ingredients for recipes for a nutritious dish with variying ingredients and cooking methods. | **Homework:**  Royal Society of Public Health (RSPH) Questions on food hygiene |
| **Week 3 and 4 Learning Objectives etc:**  **Discussion** – hygiene, sourcing ingredients, equipment, measuring, cooking tips, timings, serving, nutritional value especially portion control, presentation.  **Practical:**   * American Cheesecake * Bread Rolls * Rich Butter Cake * Savoury Muffins |  | **Objective assessments:**  To become more confident when cooking dishes. | **Homework:**  Royal Society of Public Health (RSPH) Questions on nutrition |
| **Week 5 and 6 Learning Objectives etc:**  **Discussion** - hygiene, eg raw chicken, cooling rice down quickly and only storing for short periods, how to check chicken is cooked, sourcing ingredients, eg free range chicken, equipment, measuring, cooking tips, timings, seasoning, serving, nutritional value, presentation  **Practical:**   * Pannacotta * Shepherds Pie * Brownies * Potato Wedges |  | **Objective assessments:**  To successfully make a range of dishes in a hygienic eay | **Homework:**  Royal Society of Public Health (RSPH) Questions on health and safety |
| **Week 7 Learning Objectives etc:**  **Discussion –** same base with other ingredient options (nuts, berries, spices, dried fruit), optional fillings, hygiene, sourcing ingredients, room temperature eggs and butter, equipment, measuring, cooking tips, timings, serving, nutritional value, presentation.  **Practical –** catch up  **Watch –** Eat Well For Less – learn about economising | **SA Equipment** | **Objective assessments:**  To be able to  explain ways to economise when cooking at home. | **Homework:**  Practice cookery skills and get use to cooking food for other people by using recipes. |