

	Autumn term		Spring Term		Summer Term	
<p>Year 10 Level 1 cooking skills</p> <p>1 lesson of theory</p> <p>1 lesson teacher demo/ cooking</p>	<p>Choose ingredients.</p> <p>meal planning.</p> <p>Kitchen basics.</p> <p>Basic breakfast recipes.</p>	<p>Nutrition.</p> <p>Storage of ingredients</p> <p>Hygiene and safety.</p> <p>School lunch box products.</p>	<p>Following a recipe.</p> <p>Food provenance.</p> <p>Soups</p> <p>Bread focaccia.</p>	<p>Pasta</p> <p>Rice.</p> <p>Sauces Ragu</p> <p>Simple desserts</p> <p>Crumble</p> <p>Brownies/ biscuits.</p>	<p>Roast chicken</p> <p>Meat curries.</p> <p>Bolognese sauce</p> <p>Fish</p> <p>Alternatives.</p>	<p>Selecting and cooking recipes for a meal.</p> <p>Understanding value for money.</p> <p>Sharing recipes with others.</p> <p>Assignment.</p>
<p>Year 11 Level 2 cooking skills</p>	<p>Eatwell plate five a day</p> <p>Meal planning</p> <p>Nutrition</p> <p>Two course meal planning.</p> <p>Omelettes/ French toast/cooked breakfasts.</p>	<p>Time planning/ Multi-tasking</p> <p>Sharing recipes with others.</p> <p>Pizza</p> <p>Lasagne</p> <p>Shepherds/fish pie.</p>	<p>Safety and hygiene</p> <p>food storage.</p> <p>Quick cook meat products</p> <p>Kebabs/ chops.</p>	<p>Apple pie/ bread and butter pudding.</p> <p>Victoria sponge/cupcakes/ muffins.</p>	<p>Meal presentation: portion size, colour, temperature of food; relaxed atmosphere; table setting.</p>	<p>Cooking economically.</p> <p>Ways to pass on information.</p> <p>Assignment.</p>