

	Unit 1	Unit 2
<p>Students will have the opportunity to complete 2 rotations of food during the course of the year</p> <p>Transferable Skills</p> <ul style="list-style-type: none"> • Time management – planning and preparing dishes within a set time. • Teamwork – working with others to prepare and cook and tidy away. • Planning – following recipes and organising steps in the correct order. • Numeracy skills – measuring ingredients, adjusting quantities, and calculating cooking times. • Hygiene and safety awareness – understanding safe food handling and kitchen safety. • Evaluation skills – tasting food and suggesting improvements. • Independence – preparing meals and managing tasks without constant support. 	<p>Key Concepts/ Skills</p> <ul style="list-style-type: none"> - The 4 'C's' - Nutrition - Special Diets - Sustainability and food miles - Food labels - Seasonal foods <p>Practical lessons</p> <ul style="list-style-type: none"> - Scones - Chicken curry - Paella - Meatballs - Home made pot noodle - Low fat Chocolate muffins 	<p>Key Concepts/ Skills</p> <ul style="list-style-type: none"> - Additives - Sensory testing - Food commodities - Milk - Cheese and yogurt - Meat <p>Practical Lessons</p> <ul style="list-style-type: none"> - Mac and Cheese - Banana Cake - Chicken Fajitas - Roasted Vegetable Couscous - Millies cookies - Spicy bean burger

Assessment		Reading	
<ul style="list-style-type: none"> - Practical work completed - Written end of unit test 		<ul style="list-style-type: none"> - Key words - Powerful Knowledge (Key concepts/skills) - Recipes - Food labels and packaging 	
Enrichment	Careers	Useful resources and revision	
<ul style="list-style-type: none"> - Extra-curricular Trips - After school Clubs (cooking club) - Local/School Competitions 	<ul style="list-style-type: none"> - Chef - Baker - Restaurant manager - Caterer - Dietitian - Nutritionist - Public health worker 	<ul style="list-style-type: none"> - Oak Academy https://www.thenational.academy/teachers/programmes/cooking-nutrition-secondary-ks3/units 	