

Cookery Curriculum Map KS4

		Autumn 1 Develop cooking skills-basic cooking methods	Autumn 2 Develop cooking skills-build on food hygiene knowledge	Spring 1 Nutrition & Meal Planning and Preparation	Spring 2 Cooking meals from scratch	Summer 1 Economising	Summer 2 How to apply presentation skills to food
Learning outcomes/ composite knowledge		<p>Find equipment, use it and clean it</p> <p>Develop basic cooking methods such as boil, simmer & bake.</p> <p>Be able to prepare ingredients to demonstrate weighing and measuring skills.</p>	<p>Know about basic hygiene and food safety.</p> <p>Describe safe cleaning and storage of equipment and utensils.</p>	<p>Know why nutrition is so important and how to incorporate nutrition into meals.</p> <p>Demonstrate timing to enable two courses to be prepared and cooked in a two-hour window.</p>	<p>Become more independent working alone, reading recipes, following each step of the cooking method.</p> <p>Understand the eco footprint of food ingredients.</p> <p>Demonstrate time management.</p>	<p>Describe how to economise with basic ingredients.</p> <p>Understand how to make a meal more economical- seasonality.</p>	<p>Describe how to make dishes more appealing.</p> <p>Understand the term 'eat with your eyes'.</p>
Knowledge Components	Declarative – knowing what	<p>Know what frying, boiling, grilling, simmering means</p> <p>Know where to find equipment.</p> <p>Know what equipment is required for each recipe.</p>	<p>Know what a hazard is</p> <p>Know what a risk is</p> <p>Know what a safe working environment looks like</p> <p>Know some of the cuts of meat, where to store them and why placement in a fridge is important.</p>	<p>Know what the basic food groups are</p> <p>Know what planning goes into preparation, cooking and serving food</p> <p>Know the importance of having a balanced diet</p>	<p>Know what the basic ingredients are to make a recipe from scratch rather than buy a jar/can.</p> <p>Know what importance there is on timing meals cooked from scratch</p> <p>Know which foods take longer to cook than others</p>	<p>Know what economics means.</p> <p>Know what shopping habits to change to achieve it.</p> <p>Know what an eco footprint is and how this can make a big change to the cost of food ingredients.</p>	<p>Know what to alter to enhance the look of a dish</p> <p>Know what to add to a dish to make it look more appealing</p> <p>Know what portion size is for different food items</p>
	Procedural – knowing how and when	<p>Know how to rub-in, roll out, whisk and sieve</p> <p>Know how to use different equipment.</p> <p>Know how to weigh and measure</p>	<p>Know how to check when food is cooked</p> <p>Know how to store raw and cooked food correctly</p> <p>Know what cross contamination is</p> <p>Know how to prepare</p>	<p>Know how to follow a recipe step by step and incorporate another dish to be cooked simultaneously</p> <p>Know how to read the nutritional information on food packaging</p> <p>Know how to add</p>	<p>Know where to start with a recipe from scratch</p> <p>Know how to rub in, knead, peel and whisk</p> <p>Know how to time meals cooked from scratch</p>	<p>Know how to reduce the cost of dishes</p> <p>Know how to cook in bulk/batch cook</p> <p>Know how seasons affect availability of foods/reduce cost</p> <p>Know how to buy</p>	<p>Know how to apply finishing touches to improve the look of dishes</p> <p>Know how to give correct portion to make a dish look more presentable</p> <p>Know how to use a garnish and add an extra</p>

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		Know how to clean and tidy a workstation.	Know how to wash up and clean work areas	more nutrition into a dish to help with someone lacking a vitamin/nutrient		cheaper ingredients at the end of the day from outlets and buy wonky veg	ingredient to give a dish the WOW factor
National Curriculum reference	<p style="text-align: center;">Become competent in a range of cooking methods</p> <p style="text-align: center;">Understand and apply the principles of health and nutrition</p> <p style="text-align: center;">Cook mostly savoury dishes to enable to feed others and yourselves</p> <p style="text-align: center;">Understand where food comes from, seasonality of a range of ingredients</p>						
Common misconceptions	<p style="text-align: center;">It may be a misconception that there are only a few ways to cook food, pupils will use several types of cooking skills and build on these during the course. It may also be a misconception that there is only one type of pastry, pupils will now make other types and look at other pastry recipes. Plus it may be a misconception that there are only one or two ways to economise when cooking at home. It may be a misconception that cookery classes are mostly for girls and all the best chefs on TV are men plus the ratio to male students to females is pretty high here.</p>						
Exemplar composite Task(s)	<ul style="list-style-type: none"> · Find the equipment activity · State the egg quiz · Hygiene activity · Accuracy weighing & measuring to create correct consistency (pastry) · Demonstrate two end products using same ingredients and ratio (pastry/Crumble) · A variety of tasks incorporating slicing, dicing etc 	<ul style="list-style-type: none"> · Use clean-as-you-go method each lesson · Washing up to a high standard · Complete gapped handouts · Selecting correct equipment for task/s · Correct measuring and weighing · 	<ul style="list-style-type: none"> · Complete gapped handouts · Correctly match up laminated veg/nutrients cards · Choosing high nutrition ingredients for dishes 	<ul style="list-style-type: none"> · End product · Produce a selection of meals using raw ingredients 	<ul style="list-style-type: none"> · Gapped handouts completed correctly · Q&A 	<ul style="list-style-type: none"> · Producing meals that look appetising · End product set out with cutlery correctly · Dishes that look appealing 	

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	to develop confidence with knife skills					