

CURRICULUM OVERVIEW

SUBJECT: Home cooking skills

INTENT

Home cooking lessons at The Orange Tree School will furnish our students with a range of cooking skills. The skills they learn and develop will enable them happy and healthy lives.

They will understand how to remain make healthy food choices and appreciate the benefits from cooking fresh meals from scratch.

These skills could lead them to a career in the catering or food industry

The curriculum is progressively challenging over KS3-KS4 developing skills to enable them to complete a BTEC L2 in year 11.

We are very fortunate to have more allocated time for food tech than many mainstream schools. Students learning mirrors the national curriculum and their outcomes are of a much higher level.

- Understand and apply the principles of nutrition and health
- To be able to cook a repertoire of dishes so that they can feed themselves and others a healthy and varied diet
- Become competent in a range of cooking techniques
- Independently selecting and preparing ingredients
- Using utensils and electrical equipment
- Using awareness of taste, texture and smell to decide how to season dishes and combine ingredients
- Adapting and using their own recipes
- Opportunities to engage in cooking outside the classroom
- Open doors to next steps

IMPLEMENTATION

The Home cooking skills curriculum is planned and sequenced to ensure that all lessons are accessible to all learners. Lessons are planned to suit the requirements of the classes whilst following a structured and considered scheme of work. This allows for a progression in the understanding of tools, techniques and cooking methods. The sequencing of the lessons enables this to practised and

refined across all key stages whilst preparing our learners for the next phase of their educational journey or transition into adulthood. Food tech lessons will provide opportunities to diversify and broaden their food choices.

	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn	5 A DAY Importance of fruit and vegetables and their benefits Knife skills, hob, oven, kitchen safety	CULTURAL MEALS IN MINUTES Learning about a range of different cultures and food choices.	CATERING AND BATCH PRODUCTION & PRESENTATIONAL TECHNIQUES	BTEC L1 BREAKFASTS LUNCHES DINNERS	BTEC L2 COURSEWORK EXAM
Spring	DAIRY Dairy farming, Calcium and fats WHERE FOOD COMES FROM GROWING YOUR OWN FOOD	CARBOHYDRATES Complex carbs Carbohydrates in your diet	AFTERNOON TEA TRIP * DIETARY NEEDS	DESSERTS COURSEWORK EXAMS	COURSE ENDED
Summer	PROTEIN Importance of protein in the body and its function SEASONAL FOODS Cooking the food that we have grown	BAKING TECHNIQUES Function of sugars Function of eggs Function of flour	SEASONAL FOODS * ORGANIC FOODS	PRESENTATIONAL SKILLS THREE COURSE MEALS TRIP	COURSE ENDED

IMPACT

Students will leave the school with a deep and sustained understanding cooking and nutrition. They will be able to be self-sufficient and be able to feed themselves and their future families. They will be confident in selecting healthy ingredients, shop independently and eat in restaurants confidently. They will be able to plan and prepare a range of dishes from different cultures.

- Pupils love their home cooking lessons
- Staff and students learn new skills
- Students and family ask for recipes
- Parents email compliments
- Students are cooking with family at home
- Positive part of their day
- Full participation
- A sense of achievement
- Pride in their work
- BTEC coursework praised and used as exemplar by the board

KS3

In KS3 Students begin to learn and understand the basics of cooking. Personal and kitchen hygiene and how to prevent food poisoning. They are introduced to the Eatwell plate and how to keep healthy lifestyles. Understanding the function of foods and the importance for their bodies.

PROGRESSION:

- Building confidence and safety within the kitchen
- Ability to cook at home and share skills with family members
- To be able to understand food labels and make healthy choices.

KS4 Home cooking skills

How are they assessed?

In year 10 students complete BTEC L1 Home Cooking Skills Design, plan and make a snack for a friend in a practical assessment 2hrs.

In Year 11 students complete BTEC L2 Home Cooking Skills
Design, plan and prepare a two-course meal for a member of staff. 3hr practical assessment

PROGRESSION

- This qualification can be used to enter any culinary course at college/ sixth form.
- It could lead into a job in the catering industry

CULTURAL CAPITAL

- Farm visit Yr7 Understanding where food comes from
- Yr8 Farmers market trip
- Afternoon tea visit Yr9 to support their project
- Yr10 x3 course Meal trip

LITERACY:

Within all classes, literacy is promoted and there is a consistency across the school. Students are given keyword sheets. Students read and follow recipes. Are encouraged to read ingredients labels to understand the nutritional content of ingredients and dishes.

BRITISH VALUES:

Students learn how to cook a range of dishes for a variety of cultures. They also will develop understanding of religious events surrounding food. Understand dietary choices and requirements. To build tolerance and acceptance of other people's needs cultures.

LINKS TO SMSC

SPIRITUAL – Understanding the religious choices around food. Why different cultures avoid specific foods or have rituals around food.

MORAL – Understanding where our food comes from. The environmental factors and the farming industry. Understanding veganism and vegetarianism.

SOCIAL -

CULTURAL -

- Understanding how to cook a range of foods from different cultures
- Understanding the religious choices around food
- Understanding how food is used within cultural festivals

IT

- BTEC coursework is typed and submitted online.
- Students will access a nutritional programme online to analyse the nutritional values of the food they choose.
- Time plans are developed with IT