



Year 11 Home Cooking Skills	
Term	Curriculum Outline
Autumn 1	<ul style="list-style-type: none">• Seasonal foods – including meal planning• Food sourcing – free range, organic and country of origin• Fair trade – global impact of food sourcing• Ways of economising when cooking at home
Autumn 2	<ul style="list-style-type: none">• Set assignment• The assessment criteria includes:• Select and prepare ingredients for recipes• Use cooking skills• Demonstrate food safety and hygiene• Explain ways of economising when cooking• Identify ways in which information has been passed on
Spring 1	<ul style="list-style-type: none">• Kitchen basics• The use and management of store cupboard ingredients/oil, vinegar, seasoning, flour etc.• Kitchen equipment including the use of different knives and measuring devices as well as small electrical appliances• Revision of practical skills
Spring 2	All about: <ul style="list-style-type: none">• Carbohydrates• Protein• Fat• E. numbers• Salt• Nutritional values associated with the different food groups and how we are guided by the food standards agency
Summer 1	<ul style="list-style-type: none">• Kitchen basics• Basic store cupboard ingredients – tinned, packets and frozen• Following a recipe – weights, measurements and oven temperature