



Year 9/10 Home Cooking Skills	
Term	Curriculum Outline
Autumn 1	<ul style="list-style-type: none"> • Fruit and vegetables – their role in our diet and how to achieve our 5-a-day • Factors that will affect our food choices –likes/dislikes, religion, seasonal • Choosing ingredients – fresh food use by dates • Preparation skills – chopping, slicing, peeling etc. • Cooking skills- frying, baking and boiling
Autumn 2	<ul style="list-style-type: none"> • Vegetarian –what this means and reasons why people might be • Recipe adaption – making meals suitable for vegetarians • Bread – different types of and the stages in making traditional bread • Safety – working safely and hygienically
Spring 1	<ul style="list-style-type: none"> • Assignment set. Assessment criteria: • Select and prepare ingredients for a recipe • Using cooking skills when following a recipe • Demonstrate food hygiene and safety • Reflect on value of gaining cooking skills • Identify ways to pass on information about home cooking
Spring 2	<p>Choosing ingredients</p> <ul style="list-style-type: none"> • Seasonal food – fruit and veg • Sourcing food – free range, locally produced, organic, food miles • Food labelling • Fridge and store cupboard management
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
Summer 2	<ul style="list-style-type: none"> • Food safety and hygiene • Following storage instructions • Use by dates • Ensuring meat is properly cooked • Keeping raw fish and meat separate • Storage of left over food