Cooking Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	
Activities and techniques and skills focus	**Confidence in cooking.** Typical activities: Following a recipe to create a homemade curry. Using spices and herbs and developing the use of such spices with the results the students are happy with. Vegetarian dishes. Create a dish without meat, eg: roasted veg or vegetarian stir –fry. Students to discuss which vegetables they have never tried and give them the opportunity to try in the following weeks. Discuss Fair Trade, what is it, how do	**Seasonal Food** Typical activities: Apple Crumble, peeling and preparing the apples. Weighing and blending the ingredients to make the crumble. Chocolate Lava Cake, developing skills of weighing & measuring, mixing, baking the cake, so that the sponge is cooked but still allowing the melted chocolate to flood out when cutting. Mince pies, using skills of pastry making and filling with sweet mincemeat Sausage Wreath, making short crust	**Baking** Typical activities: Honey cake, following the recipe and developing skills of measuring, weighing mixing and baking a cake. Pancakes developing skills of frying on a lower heat to prevent burning. Pies and pasties, making pastry from scratch. Developing skills of measuring, weighing and blending Looking at different types of pastry	Typical activities: Copycat KFC recipe: Chicken wings with different coatings and dipping sauces. Students chose which flavours they would prefer. Developing skills of seasoning, flavouring and the used of marinating. Make your own dips, developing knife skills for cutting veg to dip into dips, use of prior knowledge of recipes and or ingredients.	**Cooking for a family** Millionaire shortbread, students will develop skills for making biscuits, along with making their own caramel, practising skills such as patience while gently stirring the ingredients for the caramel, then using a bain-marie to melt the chocolate. Home-made Scotch Eggs; following a recipe students will make home-made scotch eggs, homemade sausage rolls and vegetarian sausage rolls, filled with mushrooms, leeks and cheese. Mac & Cheese, students will make	**Catering for a crowd** Homemade Burgers. Developing skills of seasoning meat before cooking, building a burger that won't fall apart while cooking. Chocolate chip muffins, following a recipe make homemade muffins developing skills of measuring, weighing and mixing. Using the correct equipment to move the mixture from the bowl to the cake case. Baking for the muffins to rise but not be over cooked. Cheesecake, blending skills such as mixing and whisking to make the base and topping for the cheesecake. Seasonal fruits

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	can you tell if ingredients are from Fair trade farms, do they cost more? If so would you pay the extra?	pastry and seasoning the sausage meat appropriately, such as adding Thyme.	Exploring the cost of ready-made pastry in comparison to buying the ingredients and making it at home. Trying new ingredients or dishes/taste test	Building resilience if things don't taste how we wanted or different to how they taste when bought from a shop.	a roux, developing skills in weighing, measuring and combining ingredients. Making a roux will take time and patience.	available for decorating the top of the cheesecake
Cultural awareness	Curry Week Vegetarian Week Fair Trade Month	Apple Day Hot Chocolate Day Fuel Poverty Awareness Day Christmas	Pancake Day Science Week	National BBQ week	National Biscuits Day International Picnic Day	World chocolate Day
Supporting the Core	English: Students to read through their recipe. Recipes and feedback sheet printed on appropriate coloured paper, students requiring additional support with reading will be supported by staff. Science: Healthy diet and alternatives from meat	Maths: Ratio of fruit to crumble mix Maths: comparing the cost of using different methods of cooking, e.g. the cost of using an oven compared to using an air fryer English: Students to read through their	Maths: using international Pi Day helps start conversations around the use of Pi and its symbol Science Week: Linking the topic to cooking. This year "whats your curiosity?"	English: Students to read through their recipe. Recipes and feedback sheet printed on appropriate coloured paper, students requiring additional support with reading will be supported by staff.	Maths: Comparing the cost of batch cooking items such as sausage rolls to shop bought English: Students to read through their recipe. , students requiring additional support with reading will be supported by staff. Science: timings of boiling eggs. Is it	PSHE: Fairtrade what is it, does chocolate from fair trade sources taste different or cost more English: Students to read through their recipe. students requiring additional support with reading will be supported by staff.

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	PSHE: Challenging preconceived ideas around Curry and its origins Maths: Comparing the cost of a take-away curry to the cost of making it at home.	recipe. Students requiring additional support with reading will be supported by staff.	English: Students to read through their recipe. Students requiring additional support with reading will be supported by staff.	Science: look at pathogens found in food and how to best avoid the transfer of them, eg: storing food safely. Ensuring food is thoroughly cooked especially on a BBQ. Maths: Ratio of ingredients to get the best flavour	best to boil the water then add eggs or place the eggs in cold water then bring to the boil.	Science: How the ingredients once mixed will become firm. When chilled despite being liquid to begin with.