

		Pendle Community High School and College		
		Curriculum Map for Cooking and Nutrition - 2023 -2024 Lead: CBY		
		Autumn term 2023	Spring Term 2024	Summer Term 2024
Key Stage 3	Year 7	Shopping for food Variety of shops The supermarket Vocabulary Practical shopping Food choice	Healthy World Food (H) Looking at food eaten in religious celebrations around the world Identifying healthy ingredients Learning cooking techniques used when making a variety of food Sensory Story (I)	Healthy Breakfasts (H) Fruit and yoghurt breakfast dishes Sensory Story (I)
	Year 8-9 Following Year 2 of the cycle	Jams and Chutneys Safe use of jam equipment Correct way of preparing fruit Reading thermometers Sterilizing equipment	The soup kitchen Vegetable preparation Food choice & cost Seasonal foods	Grab and Go Food Simple to more complex recipes Different flours and raising agents Kneading, knocking back, rolling and shaping Correct proving and cooking temperatures
	Yarrow	Basic Cooking Skills	Grab and Go Food	Basic Salads
Key Stage 4	Year 10/11 This Year following Year 10	AQA 97593 Making Soup Use of different ingredients Advanced knife skills Use of seasoning Bread making techniques Safe use of soup kettle Selling soup and budgeting	AQA 90248 Making Cakes & Biscuits Use a gas and electric oven safely Collect appropriate equipment for baking cakes and biscuits Weigh ingredients accurately Know what ingredients are required for a basic cake and biscuit mixture Decorate small cakes and biscuits	AQA 111015, 111016, 111017 Producing & Serving Ice Cream Use of fresh fruit Cooked and uncooked recipes Accurate measuring of ingredients Safe use of ice cream making machine and freezers Correct storage Production of wafers and sauces

Key Stage 4	Slaidburn	AQA Introduction to Cooking Skills 110524 Learning about equipment and utensils and their uses Developing basic food preparation skills Choosing ingredients Correct storage of ingredients Correct cleaning of equipment and utensils	AQA Basic Baking with Support 72648 Learn how to weigh and measure ingredients Learn how to using appropriate equipment Use the creaming method to produce fairy cakes, buns and muffins Use the rubbing in method to produce pizza, bread and pastries Bake in a safe manner in an oven Work hygienically in a kitchen	AQA Picnics and buffets with support 108205 Research picnic snacks and foods Prepare snacks Prepare sandwiches Prepare drinks Prepare and participate in a picnic
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