

Cooking and Nutrition Learning Journey



Year
13

Year
12

Year
11

Year
10

Year
9

Year
8

Year
7

Practical: Own dish

Kinfe Skills:
Knife skills, meat cookery

Theory:
Special diets, analysis of a teenage diet

Theory:
Recap on Nutrition, Life stages nutrition

Theory:
Planning their own meal

Practical: Pasties/Patties
Recap weighing, pastry making, shaping and sealing

Practical: Spaghetti Bolognese
Recap on knife skills, meat cookery, timing, controlling the heat of two pans

Skills:
Weighing, creaming method

Kinfe Skills: Bridge and Claw

Skills:
Knife skills, meat cookery, healthy eating

Theory:
Analysing their own diet Planning meals,, Planning a meal for a teenager

Practical: Stir Fry
Knife skills, healthy cooking, meat cooking, timing, controlling the heat of two pans

Skills:
Knife skills, using meat, heat control

Practical: Dutch Apple Cake
Using small electrical equipment, Judgement – mixture and cooking

Theory:
School Lunches Analysis

Practical: Muffins
Demonstrating weighing & measuring, whisking method, portion control, safe use of oven

Theory:
Recap on healthy eating and Hygiene and safety

Practical: Savoury Rice
Recap on knife skills, washing rice, seasoning food

Theory:
Protein

Skills: Knife skills, egg cookery, frying, heat control

Practical: Scone based pizza
Demonstrating knife skills, rubbing-in method, shaping

Skills: Knife skills, judging the cooking of eggs

Year
8

Theory:
Recipe Adaptation - muffins

Skills: Weighing & measuring, whisking, folding in, proportion and size

Skills: Knife skills bridge & claw, washing rice, judging when rice is cooked

Practical: Omelette Demonstrating knife skills, coagulation of eggs, heat control

Theory:
Energy & carbohydrate

Skills: Knife skills bridge & claw, rubbing-in, judging when fruit is cooked

Practical: Macaroni Cheese
Demonstrating weighing, measuring, sauce making, pasta cooking

Skills: weighing & measuring, rubbing-in method, shaping, portioning

Practical : Butternut Squash Soup
Demonstrating knife skills, seasoning food, using the hob safely and controlling the heat

Theory: Hygiene and Safety Rules

Practical: Apple Crumble
Demonstrating knife skills bridge & claw, fruit cooking, heat control, rubbing-in method

Skills: Knife skills bridge & claw, weighing measuring, roux sauce boiling

Theory Lesson:
Starchy Carbohydrates

Practical: Vegetable Stir Fry
Developing knife skills, heat control of two pans on the hob, timing and judging when food is cooked

Skills: Knife skills bridge & claw

Theory Lesson: Introduction to cooking and nutrition 'What do I know?'

Theory Lesson:
Dairy foods & their alternatives

Practical: Scones
Demonstrating weighing, rubbing-in, shaping, portion control, judging when something is cooked

Theory Lesson:
The Eatwell Guide and Eight Tips of Healthy Eating