Cape Cornwall Kites Food Overview

Kites

2022-2023	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	
Topic this term	Food Preparation & Cooking skills; EatWell Guide.	Food Preparation & Cooking skills; EatWell Guide.	Food Preparation & Cooking skills; EatWell Guide.	Food Preparation & Cooking skills; EatWell Guide.	Food Preparation & Cooking skills; EatWell Guide.	Food Preparation & Cooking skills; EatWell Guide.	
	Food hygiene, health & safety, nutrition, basic cooking methods.	Food hygiene, health & safety, nutrition, basic cooking methods.	Food hygiene, health & safety, nutrition, basic cooking methods.	Food hygiene, health & safety, nutrition, basic cooking methods.	Food hygiene, health & safety, nutrition, basic cooking methods.	Food hygiene, health & safety, nutrition, basic cooking methods.	
Tasks	Simple recipes – eggs – what can we make with eggs? Also to eat in food room as a group. Puddings, crumbles eg good quality shop-bought ice cream and crushed biscuits, stewed fruit, basic fruit crumbles – picking fruit locally (skills – chopping, bashing with rolling pin, rubbing together, preparing fruit, stewing) and tutor- led discussion – hygiene, sourcing ingredients, nutritional value (don't eat these too often and go for small amounts), labelling, equipment, cooking tips, serving.	Baking, eg basic all in one method for brownies, biscuits; explain different methods of baking (skills – mixing, weighing, measuring, beating, testing, baking) Preparing sweet Christmas foods – eg chocolates, biscuits and cake. Looking at the importance of presentation.	Simple soups, eg basic soups and understanding the key elements of a soup base and demonstrate this with more than one soup. Example recipes – tomato, leek and potato, minestrone, (skills – slicing and chopping, boiling, simmering, liquidising) and tutor-led discussion – hygiene, sourcing ingredients, nutritional value – eg different coloured vegetables and nutritional benefits, labelling, equipment, cooking tips, seasoning, serving, using as a base for other recipes. Basic bread making, eg focaccia (skills – sieving, kneading, proving, shaping) and tutor-led discussion – hygiene, sourcing ingredients, nutritional value, labelling, equipment, cooking tips, freezing.	Cooking pasta, eg how to cook pasta (salting water, plentiful water); basic pasta sauce, (making pesto and tomato sauce (skills – slicing, chopping, boiling, using a pestle and mortar, grating) and tutor-led discussion – hygiene, sourcing ingredients, shop bought options available, nutritional value (eg, carbohydrates essential in a meal, should make up 1/3 of each meal. Good source of energy, fibre, B vitamins), labelling, equipment, cooking tips, seasoning, serving, other ingredients which could be added, eg Parmesan, basil leaves.	Stews, eg vegetable curry, lamb stew (skills – chopping, simmering, boiling rice, steaming rice) and tutor-led discussion – hygiene, sourcing ingredients, nutritional value, labelling, equipment, timings, cooking tips, seasoning, serving. Cooking mince, eg basic mince cookery – meatballs, Bolognese sauce and spaghetti (skills – chopping, mixing, simmering) and tutor led discussion – hygiene, sourcing materials, nutritional value, vegetarian option of mince, labelling, seasoning and serving.	Salads, eg how to wash and prepare salad leaves, simple green salad, chopped salads, simple jam jar dressings, how to dress a salad properly (skills – chopping, washing leaves and spinning dry, dressing) and tutor-led discussion – hygiene, sourcing ingredients, nutritional value, labelling, equipment, cooking tips seasoning, serving. This term students will: Choose a recipe to cook. Source and buy the ingredients. Follow a recipe to prepare ingredients and cook a dish, demonstrating food safety and hygiene. To be able to use cooking skills to make a home cooked food use basic ingredients. To reflect on learner achievement and ways to pass on information about home cooking and to understand the value of passing or information about home cooking.	
Resources	Tools & equipment and recipes.	Tools & equipment and recipes.	Tools & equipment and recipes.	Tools & equipment and recipes.	Tools & equipment and recipes.	Tools & equipment and recipes.	
Focus	To develop the knowledge of food categories and their role. To develop safe cooking and food handling methods and the appreciation of the dietary and sensory impact of food.	To develop the knowledge of food categories and their role. To develop safe cooking and food handling methods and the appreciation of the dietary and sensory impact of food.	To develop the knowledge of food categories and their role. To develop safe cooking and food handling methods and the appreciation of the dietary and sensory impact of food.	To develop the knowledge of food categories and their role. To develop safe cooking and food handling methods and the appreciation of the dietary and sensory impact of food.	To develop the knowledge of food categories and their role. To develop safe cooking and food handling methods and the appreciation of the dietary and sensory impact of food.	To develop the knowledge of food categories and their role. To develop safe cooking and food handling methods and the appreciation of the dietary and sensory impact of food.	

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s will be working Cooking Level 1	Some students will be working towards Home Cooking Level 1 or Level 2.