

Curriculum Long Term Plan
Cooking Skills P16

	TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
YEAR 12/13	Cooking a range of well-balanced healthy meals	Cooking a range of well-balanced healthy meals	Cooking a range of well-balanced healthy meals	Cooking a range of well-balanced healthy meals	Cooking a range of well-balanced healthy meals	Cooking a range of well-balanced healthy meals
	Kitchen Induction	Developing Knife Skills	Preparing nutritious meals on a budget	Nutrients, vitamins, and minerals	Diet and nutrition	Costing of ingredients
	Health and Safety in the Kitchen	Understanding when meat and poultry is properly cooked	Food Costing	Nutritional needs throughout life	The Eatwell Guide	Menu design
	Food Hygiene	Safe cutting techniques		Recommended dietary allowances	Seasonality	Planning weekly meals
	Food poisoning causes and effects	Food preservation and storage			Costing and Selecting ingredients	
	Correct handling and preparation of foods					
	Developing Knife Skills					