

Food Tech Curriculum Progression Map

Food Technology Intent {Summary}

The curriculum is designed to ensure it works in line with the national curriculum in term of developing competence. Food Technology at SAIL aims to challenge and inspire all children whatever their ability and experience with this area building a positive relationship with food. Food technology aims to develop skills in a range of areas including independence, cooking, career development, cultural capital and the world of work. All learners will develop and build confidence within the kitchen and develop an understanding of themselves and others linking health and safety and other curriculum crossover. Children will be taught through practical and theory activities the process of designing and making items and become competent in a range of cooking.

KS2 Summary

- Children are taught that cooking is a life skill that enables pupils to feed themselves
- Open the door to expressions of creativity through exploration of food
- Start to understand and apply principles of a well-balanced diet
- To be able to recognise seasonality and know how and where ingredients are grown, reared, caught and processed.

KS3 Summary

- Each lesson is 45 mins length
- Classes are mixed years and abilities but of similar cognitive ability
- Class groups are broken down into 2 groups split with Design Technology and will attend 6 terms in total
- All children will have the opportunity to take part in enrichment lessons to support individual food related sessions to meet individual learning needs
- Each group will be able to create dishes in line with each different cultural holidays and festivals

KS4 Summary

- Each lesson is 45mins long
- Classes are mixed ability and can complete the following qualifications -:
- Level 1 BTEC Home Cooking Skills
- Level 2 BTEC Home Cooking Skills
- Level 2 Award in Food Safety for catering
- Level 2 Allergen Awareness

Year Group	Term One	Term Two	Term Three	Term Four	Term Five	Term Six
Year 7	<p>Kitchen Confidence Knowledge and Skills Develop their knowledge and understanding of basic ingredients Create healthy eating knowledge using key food ingredients Develop their knowledge food provenance Pupils will apply knowledge to make informed choices with increased awareness through preparing and cooking basic dishes</p>	<p>Introduction to the eat well guide Knowledge and Skills Acquire and demonstrate the principles of food hygiene and safety in the kitchen Basic knowledge development of the nutrients found in foods Know a baseline of the principles of the eat well guide, being able to relate it to their own diet The importance of having a healthy diet</p>	<p>Exploring different diets Knowledge and Skills To apply knowledge to make informed choices To develop the creative, technical and practical expertise needed to perform everyday tasks with increased confidence. To define the senses and develop descriptive vocabulary The importance of evaluating ways of cooking foods</p>	<p>Developing Skills Knowledge and Skills Identify and be able to recognise key ingredients To develop and apply a repertoire of basic skills in food preparation and cooking knowledge The importance of developing skills to create high quality dishes for a wide range of people Improving skills in being able to evaluate and test ideas and the work of others To calculate the costs of food</p>	<p>Sensory Evaluation of Food Knowledge and skills Develop and understand key ingredients and use them in healthy eating Identify knowledge food provenance Develop increased awareness of food hygiene and safety To develop knowledge of consumer food and drink choices Analyse technical and practical activity everyday tasks confidently.</p>	<p>Skill Development Knowledge and skills To create dishes and apply principles of A healthy and varied diet to create dishes Identify seasonal savoury and sweet dishes using fruit and vegetables and use them to create dishes To develop and secure senses vocabulary to describe foods and terminology</p>
	<p>Key Learning Outcomes: Pupils will discuss energy and how needs change through life Pupils will acquire and demonstrate a range of food skills while using a range of basic foods Pupils will learn to use a range of utensils and equipment safely Pupils will begin to identify links between foods and festivals and be able to create dishes in support of these in the Autumn. Pupils will begin to have a love for preparing and cooking food for themselves and others</p> <p>Assessment: Assessment is teacher assessment/peer reviews and self-reflection Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others To develop skills using a range of utensils To make and apply decisions re using a range of food items To develop independence skills while preparing and cooking To develop a healthy relationship with food</p>	<p>Key Learning Outcomes Pupils will recall and apply the principles of The Eatwell Guide Pupils will improve awareness of the 8 tips for healthy eating Pupils will develop knowledge and energy and how needs change through life Pupils will develop a baseline knowledge of the names of nutrients Pupils will improve confidence in their ability through practical activity</p> <p>Assessment: Assessment is teacher assessment/peer reviews and self-reflection Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others To develop skills using a range of utensils To make and apply decisions re using a range of food items To develop independence skills while preparing and cooking</p>	<p>Key Learning Outcomes: Pupils will improve confidence in how changes in energy through life develop Pupils will improve awareness of where food comes from Pupils will use a range of cultural ingredients and adapt recipes and improve understanding Acquire and apply a knowledge of food science Apply and consolidate literacy and numeracy skills by using them in real life scenarios</p> <p>Assessment: Assessment is teacher assessment/peer reviews and self-reflection Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others To develop skills using a range of utensils To make and apply decisions re using a range of food items To develop independence skills while preparing and cooking</p>	<p>Key learning outcomes: Pupils will continue to improve food skills and techniques Pupils will adapt and follow recipes using appropriate ingredients and equipment Pupils will improve knowledge why people make different food and drink choices Pupils will understand skills needed to engage in planning Pupils will have an increased awareness of food science Pupils' confidence in literacy and numeracy skills by using them in real life scenarios Identify links between foods and festivals and be able to create dishes in support of these in the Spring.</p> <p>Assessment: Assessment is teacher assessment/peer reviews and self-reflection Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others To develop skills using a range of utensils To make and apply decisions re using a range of food items To develop independence skills while preparing and cooking</p>	<p>Key learning outcomes: Pupils will build and apply a repertoire of knowledge, understanding and skills to create high quality dishes for a wide range of people Develop skills in being able to evaluate and test ideas and the work of others Recall and apply the principles of The Eatwell Guide and the 8 tips for healthy eating, to their own diet Discuss energy and how needs change through life</p> <p>Assessment: Assessment is teacher assessment/peer reviews and self-reflection Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others To develop skills using a range of utensils To make and apply decisions re using a range of food items To develop independence skills while preparing and cooking</p>	<p>Key learning outcomes: Pupils will develop their knowledge and understanding of ingredients and healthy eating choices Pupils will increase knowledge food of provenance Pupils will apply knowledge to make informed choices Pupils will develop the creative, technical and expertise to perform tasks confidently. Develop skills in being able to evaluate and test ideas and the work of others ye able to use a variety of utensils and equipment safely Identify and use convenience and reared foods in dishes</p> <p>Assessment: Assessment is teacher assessment/peer reviews and self-reflection Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others To develop skills using a range of utensils To make and apply decisions re using a range of food items To develop independence skills while preparing and cooking</p>

Year Group	Term One	Term Two	Term Three	Term Four	Term Five	Term Six
Year 8	<p>Supporting a healthy Diet Knowledge and Skills: Develop a deeper knowledge and understanding of food and nutrition Increased awareness and developed understanding of food provenance and where foods come from Develop skills and techniques in cooking and preparation of healthy foods including grilling, stir frying and steaming Increased recall of ways to demonstrate the principles of food hygiene and safety</p>	<p>Health and Nutrition Knowledge and Skills: To deepen and apply knowledge of consumer food and drink choices and the content Develop the creative, technical and practical expertise needed to perform everyday tasks confidently To define what is protein Build a repertoire of knowledge, understanding and skills to create and make recipes and dishes for a wide range of people</p>	<p>Balanced Diet and links to good health Knowledge and Skills To develop food skills preparation and techniques to use commodities To explain seasonality its links to diet Develop and demonstrate the principles of food hygiene and safety Deepen and apply knowledge of consumer food and drink choices Develop the creative, technical and practical expertise needed to perform everyday tasks confidently Build a repertoire of knowledge through numeracy and literacy</p>	<p>Independence in creating dishes Knowledge and Skills Pupils will deepen their knowledge of food provenance, food skills and techniques Develop and demonstrate the principles of food hygiene and safety Deepen and apply knowledge of consumer food and drink choices Develop the creative, technical and practical expertise needed to perform everyday tasks confidently Build a repertoire of knowledge, understanding and skills to create and make recipes and dishes for a wide range of people</p>	<p>Hydration and its importance Knowledge and skills To deepen their knowledge and understanding of hydration and nutrition To develop and deepen knowledge of food provenance sources and function of water Develop food skills and techniques to be able to increase water in healthy savoury foods Develop and demonstrate the principles of food hygiene and safety Deepen and apply knowledge of consumer food and drink choices</p>	<p>Use carbohydrates to create dishes Knowledge and Skills To deepen and apply skills learnt to understand a greater depth of the use of complex macro nutrients found in food Develop and demonstrate through increased confidence links between nutrition and foods Increased recall through activity principles of food hygiene and safety</p>
	<p>Key Learning outcomes: Pupils will recall The Eatwell Guide and relate it to their own diet Pupils will identify foods that give you energy Name some nutrients, needed for good health Develop and demonstrate a wider range of food skills and techniques including boiling, simmering, measuring and baking, Adapt and follow recipes using appropriate ingredients and equipment Pupils will select and demonstrate the principles of food hygiene and safety</p> <p>Assessment: Assessment is teacher assessment/peer reviews and self-reflection Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others</p>	<p>Key Learning outcomes: Pupils will identify foods and energy sources Pupils will be able to name the sections of the eat well plate and give examples of some foods needed to keep healthy Pupils will adapt and follow recipes using a variety of ingredients and equipment to prepare and cook a range of more complex healthy dishes Develop and demonstrate a range of healthy ways to prepare foods including shaping, portioning and using the grilling Adapt and follow recipes using healthy ingredients and equipment</p> <p>Assessment: Assessment is teacher assessment/peer reviews and self-reflection Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others</p>	<p>Key Learning outcomes: Pupils will compare and evaluate dishes using labels and written information on food items Pupils will Name the key nutrients, sources in a range of foods including types of protein Acquire and demonstrate a range of food skills and techniques including using small electrical equipment To describe the functions of ingredients used in bread making and products Identify how and why people make different food and drink choices Acquire and apply a knowledge of food science Apply and consolidate literacy and numeracy skills by using them in real life scenarios Identify and be able to recognise a range of foods to be used in a variety of savoury dishes Identify links between foods, healthy eating and spring events</p>	<p>Key Learning outcomes: Pupils should name the key sources and functions of macro nutrients with a focus on carbohydrates and healthy fats Acquire and demonstrate a range of food skills and techniques e.g. assembling both meat and non-meat dishes and create marinades Adapt and follow recipes using appropriate ingredients and equipment Pupils will demonstrate the knowledge, understanding and skills needed to engage in a iterative process of planning To identify key combining, mixing, making dough, rolling and shaping, enrobing and cake making methods To experience frying, baking and use of the hob and an awareness of foods. Learn safe practices with the use of a cooks and boning knives. To experience working collaboratively with others while cooking on at least one occasion</p>	<p>Key Learning outcomes: Pupils will develop recall skills and some of the 8 tips for healthy eating, with focus on hydration and incorporating this into lifestyles Pupils will explain and give examples through discussion and written energy, how needs change through life with the need to drink Demonstrate the knowledge, understanding and skills needed to engage in planning and making dishes to increase hydration To create seasonal dishes incorporating all ingredients and skills – including cake making methods, folding and combining, rolling and shaping To experience working collaboratively with others while cooking on at least one occasion To follow a written recipe to cook one dish</p> <p>Assessment:</p>	<p>Key Learning outcomes: Pupils will apply the principles of The Eatwell Guide to dishes created and diets focusing on macro nutrients including balancing carbohydrates and Vitamins A,D,C and B, Pupils will develop increased independence when identifying skills to adapt and follow recipes using a variety of carbohydrates including pasta, rice and potatoes as a base for dishes Pupils will have the ability to engage in the planning of dishes with increased confidence while creating bread products To experience working collaboratively with others while cooking on at least one occasion Pupils will have an increased understanding of locally and regionally sourced foods and how to reduce food waste</p> <p>Assessment: Assessment is teacher assessment/peer reviews and self-reflection</p>

Year Group	Term One	Term Two	Term Three	Term Four	Term Five	Term Six
Year 9	<p>Food, Diet and Health Knowledge & Skills: To extend knowledge and understanding of diet and health To extend and develop skills in testing foods and ideas and make recommendations for improvements To develop and demonstrate the principles of food hygiene and safety linked to good health Identify and use knives in a safe way To develop an understanding of the meaning of the 4 C s in food hygiene ie cleanliness, cooking, chilling and cross contamination</p> <p>Key Learning Outcomes: Pupils will recognise and apply the principles of The Eatwell Guide and the 8 tips for healthy eating, to their own diet linking to young people and children Discuss energy and how needs change through life Name the key nutrients, sources and functions needed for growth Acquire and apply a knowledge of food science linking to good health links between foods and festivals in the Autumn Identify and develop an awareness of a range of</p>	<p>Making choices Knowledge & Skills: To extend food preparation and cooking techniques Investigate more complex ingredients Secure and understand key health and safety practices during practical and the implications if it not followed To use research and exploration to explore other cultures</p> <p>Key Learning Outcomes: Pupils will acquire and demonstrate a range of food skills and techniques making individual choices for dishes Pupils will plan and create a dish for a specific need Pupils will demonstrate understanding and skills needed to engage in the planning process Pupils will apply a knowledge of food science linking to literacy and numeracy skills Identify links between foods and festivals in the Winter</p> <p>Assessment:</p>	<p>Assessment: Assessment is teacher assessment/peer reviews and self-reflection Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others</p> <p>Securing skills using large equipment Knowledge & Skills: To extend knowledge of food provenance and consumer information Develop an understanding of HACCAP kitchen systems and how it relates to good practice To develop a deeper understanding of the meaning of cross contamination</p> <p>Key Learning outcomes: Pupils will identify sources and functions of key ingredients in a range of foods Pupils will develop skills, adapt recipes using ingredients and adapt choices to meet cultural needs Pupils will demonstrate principles of food hygiene and safety Pupils will demonstrate the knowledge, understanding and skills to engage in a iterative process of planning Identify and develop an awareness of a range of Chinese foods and dishes</p>	<p>To follow a written recipe to cook one dish Identify links between foods, healthy eating and spring events</p> <p>Assessment: Assessment is teacher assessment/peer reviews and self-reflection Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others while improving key life skills</p> <p>Create international dishes using complex skills Knowledge & Skills: To extend and apply knowledge of consumer food and drink choice List, secure and demonstrate the principles of food hygiene and safety when preparing and cooking ingredients Pupils will investigate information available to the consumer regarding food labelling. Availability, traceability and animal welfare</p> <p>Key Learning outcomes: Pupils will secure skills when creating menu choices and dishes, identifying complex carbohydrates and vitamins Pupils will recall and secure some key nutrients, sources and functions used Pupils will acquire and demonstrate two stage skills and techniques Pupils will adapt recipes using ingredients Identify links between foods and festivals in the Spring</p> <p>Assessment:</p>	<p>Assessment is teacher assessment/peer reviews and self-reflection Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others</p> <p>Create international dishes - continued Knowledge & Skills: Demonstrate health and safety secured through skills secured in the kitchen To understand the use of international foods To secure risk assessment awareness through practice To use a range of literature to support improved independence while reading recipes</p> <p>Key Learning outcomes: Pupils will continue to secure skills in key activities with support Pupils have increased awareness in energy requirements Pupils will develop an increased knowledge of cultural capital Pupils' confidence is the ability to use food skills and techniques using recipes Identify how and why people make different food and drink choices across the world Demonstrate the knowledge, understanding and skills needed to engage in an</p>	<p>Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others</p> <p>Developing the presentation of dishes Knowledge & Skills: Secure and demonstrate effective food safety and hygiene while presenting foods Demonstrate an increased awareness of international foods and cultures and ways of presenting them Identify ways of methods of presenting foods for both home cooked meals for friends and others.</p> <p>Key Learning outcomes: Pupils will follow recipes using appropriate ingredients and demonstrate ways of presenting foods for meals Pupils will identify how different cultures serve, present and use foods in different ways to enhance the food experience Pupils will secure knowledge, understanding and skills of a range of edible flowers to use for food presentation Pupils will identify links between summer foods and ways of presentation Pupils will identify and develop an awareness of Spanish foods</p>

	<p>different Italian foods and dishes</p> <p>Assessment: Assessment is teacher assessment/peer reviews and self-reflection Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others</p>	<p>Assessment is teacher assessment/peer reviews and self-reflection Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others</p>	<p>Assessment: Assessment is teacher assessment/peer reviews and self-reflection Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others</p>	<p>Assessment is teacher assessment/peer reviews and self-reflection Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others</p>	<p>iterative process of planning and making Apply knowledge of food science</p> <p>Assessment: Assessment is teacher assessment/peer reviews and self-reflection Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others</p>	<p>Assessment: Assessment is teacher assessment/peer reviews and self-reflection Assessment grade is holistic: based on the ability to prepare and cook food for themselves and others</p>
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Year 10	<p>Hygiene and Safety Knowledge and Skills: Identify personal responsibilities for safe and hygienic working practices while preparing foods Identify and use correct equipment and utensils provided for health and safety in the kitchen</p>	<p>Preparing Ingredients Knowledge and Skills: Understand what is meant by meal planning and the importance of use by dates. Have an increased awareness of the sourcing of foods eg free range locally produced organic and the country of origin Use safe working practices when preparing ingredients to cook</p>	<p>Using Cooking Skills Knowledge and Skills Demonstrate effective safe practices while using a variety of methods to cook Identify and prepare a range of basic cooking methods that can be used to prepare home cooked meals</p>	<p>Balanced Diet Knowledge and Skills Identify and underpin knowledge to be able to cook healthy meals from scratch Use safe working practices while carrying out activities including handling raw meat and food labelling Identify and use a range of written recipes to demonstrate a range of skills and methods. Recall and demonstrate safe practices during all assessment tasks for the safety of all.</p>	<p>Sharing Skills and creating meals Knowledge and Skills: To Identify and create a meal of choice To use a range of ingredients and link it to the eat well guide demonstrating how this is met Present and serve food in a suitable format demonstrating size, seasonality and suitability of the brief Demonstrate safe practices throughout the activity</p>	<p>Assessment, Catchup, Increasing skills Knowledge & Skills: To introduce the Level 2 award in home cooking skills To be able to plan a nutritional home cooked meal To be able to identify and apply safe practices linking it to industry practices To complete final practical assessment</p>
	<p>Key learning outcomes: Pupils will demonstrate and select the correct PPE and follow safe, hygienic practices to prepare themselves for cooking Pupils will follow safe, hygienic practices while preparing food to cook Pupils will be able to describe and follow safe and hygienic working practices to prepare the cooking environment Pupils will have a deeper understanding of how to keep themselves and others safe Pupils will be able to demonstrate food safety and hygiene throughout the preparation and cooking</p> <p>Assessment: Ongoing practical and theory diary logs including recipes using the level 1 logbook to</p>	<p>Key learning Outcomes: Pupils will identify the names and the use of small/large equipment and use it safely Pupils will use cooking skills to select and choose ingredients to prepare dishes To be able to transfer skills to make home-made cooked dishes using a range of nutritional ingredients To be able to assess a recipe in terms of its contribution to the eat well guide Adapt and create recipes including changes to meet the needs of a family and use a range of skills Develop awareness, understanding and skills in; an awareness in food costs, sensory awareness, comparison of ingredients and applying choices and being able to pass it on to others</p>	<p>Key Learning Outcome Pupils will demonstrate food safety and hygiene throughout preparation and cooking and describe them Pupils will develop increased awareness and competence when using cooking skills following a recipe Pupils will prepare the area and environment for cooking Pupils will describe safe and hygienic working practices to prepare self for cooking Describe safe and hygienic working practices to prepare the cooking environment Pupils will assess potential risks and hazards in the cooking environment</p> <p>Assessment: Ongoing practical and theory diary logs including recipes using the level 1 logbook to</p>	<p>Key Learning outcomes: Pupils will demonstrate a deeper understanding of food safety and hygiene throughout practical ongoing assessment Pupils will use a variety of cooking skills when following a recipe to ensure dishes are completed meeting timescales Develop awareness, understanding and skills in a range of cooking methods- including -Folding, Peeling, Mixing, rubbing in, Stirring, chopping, grating, mashing and beating. understand and demonstrate health and safety practices in the kitchen</p> <p>Assessment: Ongoing practical and theory diary logs including recipes</p>	<p>Key learning Outcome: Pupils will identify and create a meal suitable for the brief that does not use pre – prepared, ready- cooked food Pupils will select and prepare ingredients for a recipe and cook it within a suitable time frame Pupils will demonstrate food safety and hygiene throughout the preparation and cooking process</p> <p>Assessment: Ongoing practical and theory diary logs including recipes using the level 1 logbook to demonstrate and complete a series of skills and assessment criteria Learners will create a one course meal to present as part of a brief</p>	<p>Key Learning Outcomes: To complete all final assessments and written documentation Pupils will understand where food comes from and make selective choices for each dish Pupils will develop a clear link to industry while selecting ingredients and equipment</p> <p>Assessment: To introduce the level 2 logbook, log sheets, diary documentation and the effective use of a portfolio</p>

	demonstrate and complete a series of skills and assessment criteria Learners will create a one course meal to present as part of a brief	Assessment Ongoing practical and theory diary logs including recipes using the level 1 logbook to demonstrate and complete a series of skills and assessment criteria Learners will create a one course meal to present as part of a brief	demonstrate and complete a series of skills and assessment criteria Learners will create a one course meal to present as part of a brief	using the level 1 logbook to demonstrate and complete a series of skills and assessment criteria Learners will create a one course meal to present as part of a brief		
Year Group	Term One	Term Two	Term Three	Term Four	Term Five	Term Six
Year 11	<p>Health and Safety Knowledge and skills Pupils will be able to plan a nutritious, home cooked meal using basic ingredients Demonstrating safe secure and hygienic practices to complete all tasks</p>	<p>Preparing Ingredients Knowledge and Skills Develop understanding of being able to select and prepare ingredients for recipes Develop awareness, understanding the skills in - Methods of preparing foods and equipment including Boiling, Grilling, Deep Frying, Shallow Frying, Preparation includes, Measuring, Beating and mixing,</p>	<p>Cooking Skills Knowledge and skills Develop awareness, understanding and skills in methods of cooking including Roasting, Baking, Stewing, Poaching and simmering including chopping, creaming, grating and using knives</p>	<p>Planning meals and budgeting Knowledge and skills Develop awareness and the importance of budgeting skills while deciding on a range of meals to prepare and cook</p>	<p>Creating a two-course meal Knowledge and skills Pupils will learn to plan a nutritious home cooked two course meal including the shopping and time plan to prepare cook and present it</p>	
	<p>Key Learning Outcomes Pupils will learn to plan a nutritious two – course meal Pupils will be able to prepare, cook and present a nutritious, home cooked meal using basic ingredients Select and prepare ingredients for recipes, for a nutritious two course meal 2.2 2.4 Apply presentation skills when serving the meal</p> <p>le to pass on information about cooked meals at home from scratch 4.1 Identify ways information about cooking meals at home from scratch has been passed on to others</p> <p>Range including -: 1 planning including selecting recipes for courses eg starter, main course, dessert</p>	<p>Key learning outcomes Pupils will use a range of preparation skills to prepare foods ready to be cooking using the following cooking methods including – Boiling, Grilling, Deep Frying, Shallow Frying, Roasting, Baking, Grilling, Poaching, Steaming, Pupils will use cooking skills when following the recipe Pupils will demonstrate food safety and hygiene throughout the preparation and cooking process</p> <p>Assessment Preparation skills eg chopping, slicing Following a recipe using weights and measure Demonstrate effective food safety and hygiene Identify a range of food ensuring that it is properly cooked</p>	<p>Key learning outcomes Pupils will develop competence and confidence when using cooking skills when following the recipes Pupils will demonstrate food safety and hygiene throughout the preparation and cooking process Pupils will identify commodities and use a range of to create dishes Pupils will select and prepare ingredients for recipes to create colourful and balanced range of dishes</p> <p>Assessment: Ongoing practical and theory diary logs including recipes using the level 2 logbook to demonstrate and complete a series of skills and assessment criteria Learners will create a two-course meal to present as part of a brief</p>	<p>Key learning outcomes Pupils will understand the importance of how to cook economically at home Pupils will record and explain ways to economise at home Pupils will identify what is the economy and why it is important in the catering industry</p> <p>Assessment: Ongoing practical and theory diary logs including recipes using the level 2 logbook to demonstrate and complete a series of skills and assessment criteria Learners will create a two-course meal to present as part of a brief and show how the importance of economising</p>	<p>Key learning outcomes Pupils will decide on a menu to cook Pupils will create a shopping list and select and prepare the ingredients for the recipes chosen and show meal planning skills Pupils will apply and present the meal using a range of presentation skills</p> <p>Assessment: Ongoing practical and theory diary logs including recipes using the level 2 logbook to demonstrate and complete a series of skills and assessment criteria Learners will create a two-course meal to present as part of a brief including a range of documentation to support this</p>	

	<p>2 identifying nutritional analysis, contribution to five a day initiative and advise</p> <p>3 Developing time management skills through practical prep, cooking and assembling using ingredients and equipment</p> <p>4 Selecting ingredients including fresh, seasonal and locally produced items</p> <p>5 Using a range of kitchen basics from the store cupboard ingredients and popular kitchen equipment</p> <p>6 Selecting recipes using eggs, breakfast, packed lunches, Bread, Pasta, Vegetables, vegetarian, stews, hotpots, quick cook meat, puddings, stir fries, baked and stewed fruit and roast dinner</p> <p>7 Demonstrate a range of skills including chopping, slicing, peeling, roasting and frying</p> <p>8 Following recipes including weighing and measures including oven temperatures and timings</p> <p>9 Following Food safety and hygiene</p> <p>10 Developing Meal presentation skills</p> <p>11 Identifying skills in learning to economise when cooking at home</p> <p>Identifying communication methods to share information to inspire others</p>	<p>Have an awareness of food safety standards and following storage instructions</p> <p>Identify job roles within the industry</p>				
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