

Personal Development: Cooking

Year Group	<u>Autumn Term</u>	<u>Spring Term</u>	<u>Summer Term</u>	<u>Key Skills</u>
7	<p>Practical: To make a sandwich Research: Pizza toppings Evaluation: Evaluate which pizza toppings taste the best. Healthy Eating: Wraps Planning and Making: Jacket potato. Basic cooking and making: Pot noodle Customer Service: Communicating positively with customers.</p>	<p>Practical: To make vegetable couscous Research: Different flavoured soups Evaluation: Describe the flavours of soups. Healthy Eating: Pasta Bake Planning and Making: Omelette Customer Service: To create a quality product (pancakes)</p>	<p>Practical: To make a Croque Monsieur. Research: Pasta dishes with a white sauce base Evaluation: To describe flavours in different pasta dishes. Planning and Making: Spanish frittata Healthy Eating: Smoothies Customer service: To create a quality product (American pancakes)</p>	<p><u>Preparation</u> Spreading, grating, chopping, opening tins, safe knife holds, draining and sieving. <u>Cooking Methods</u> Baking, grilling, frying <u>Hygiene</u> Handwashing, washing up and tidying away.</p>
8	<p>Practical: Introduction to handling raw meat - chicken Research: Ingredients for a Casserole Evaluation: To make, taste and evaluate different casseroles. Healthy Eating: Chicken Bolognese Planning and Making: Safely prepare and cook meat. Customer Service: Meet and greet customers (another class)</p>	<p>Practical: To make chicken and mushroom pie. Research: Homemade burgers Evaluation: Describe flavours of burgers. Planning and Making: Quiche Healthy Eating: Carrot cake Customer Service: To produce a quality Product (American pancakes).</p>	<p>Practical: To make chicken stir fry. Research: Different kebab dishes. Evaluation: To describe flavours in different kebab dishes. Planning and Making: Meatball pasta dish. Healthy Eating: Fish and sweet potato chips. Customer Service: To produce a quality strawberry cake.</p>	<p><u>Preparation</u> Handling raw meat, peeling, chopping, cracking eggs, coating, and rolling. <u>Cooking Methods</u> Roasting, frying, boiling and baking. <u>Hygiene</u> Handwashing, washing up and tidying away.</p>
9	<p>Practical: To make cottage pie. Research: Pizza Recipes Evaluation: Taste different pizzas and evaluate the flavours. Healthy Eating: Understand different diets. Planning and Making: Stuffed chicken Basic cooking and safety: Work safely with hot oil Customer Service: List equipment for making and serving drinks.</p>	<p>Practical: To make beef enchiladas. Research: Ingredients for a curry. Evaluation: Describe and evaluate a curry. Healthy Eating: Carbonara Planning and Making: Calzone Customer Service: To create a cake for a purpose.</p>	<p>Practical: To make Chicken Fajitas. Research: Different Chinese dishes. Evaluation: Describe different flavours in Chinese dishes. Customer Service Skills:</p> <ul style="list-style-type: none"> • To be able to identify and prepare different hot drinks • To be able to meet and greet customers. • To be able to identify and prepare different cold drinks. 	<p><u>Preparation</u> Following a recipe, measuring, sifting, whisking, piping, weighing, baking, crushing, kneading, wrapping and mashing. <u>Cooking Methods</u> Roasting, frying, baking and boiling. <u>Hygiene</u> Handwashing, washing up and tidying away.</p>