Food and Cookery Learning Journey

Character strengths
Cross Curricular Links
Knowledge
Subject Specific Skills

Underlined = Deeper development of earlier skills / knowledge

Question: Explain Gastronomy
Component 1 : Understanding Food – combining flavours

Progression to next stage of learning: HE university

Understanding Food and Hospitality industry

Complete event

Integrity
Motivation
Confidence
Types of advance

What are your options for a career in Hospitality

Research Hospitality jobs and uni courses

Question: How can you confirm freshness of food?
Fish, meat, vegetables

Nutrition in Lifestyles active lives

Resilience
Self-discipline
Courage

Question : Why is nutrition important?

nutrition

Understanding Food

Understand combinati

KS 5

Courage
Curiosity
Respect

Types of nutrition in food

Question: What are the main points from the brief?
Students will explore a number of briefs in order to extract the main points to plan and cook a menu

Question: How do you extract information from the brief in order to plan your menu

Plan your time for cooking

Question: Why do we do time planning in food?
Develop your time planning look at what you would do if something goes wrong with your cooking

Confidence
motivation

Time planning

Success in plans

KS 4

Cooking skills

Develop skills

cooking Skills

Question: Explain the reasons of time plans
And why put points in the plan?

Confidence

History of food
Different skills in cooking

Cutting, boiling, baking

Question: How can you stay safe when using a knife in the kitchen?

Question: What makes a healthy diet?
Students will explain what is a healthy diet and ways to make it balanced

Respect
confidence

Respect of others in the kitchen

Compassion
curiosity

Further development of knife skills

Knife skills

International cooking

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Question: What nutrients do we get from meat and fish?
Developing Understanding of meat and fish

Meat and fish

Practice knife skills using types of vegetables

Food from around the world

Question: What makes the nation love TV Chefs
Look at what we love cooking shows, how they influence us with our food

Compassion
Integrity
Open-mindedness

Question: What happens to the body if we have too much of one thing

History of food

Types of fish
,confidence, self discipline

Too much of one thing!

Vegetables

Special diets

Development of a balanced diet

Question: why do people have special diets?
Discuss health issues, weight gain/loss

Love of cooking
Sense of humour
Play
Confidence

What are the Types of special diets

Compassion
Integrity
respect

History – food development

Ways to cook food

Question: What are doughs?
Understand dough, types and ingredients

Doughs

Cooking skills

TV Chefs

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Social Sides of food

International doughs

Question: Explain what is meant by cooking skills?

Question: How do TV Chefs influence our eating habits?

Question: Is cooking and essential skill?
Understand why we need to be able to
Cook our own food

Courage
Open-mindedness

Baking

Skills

- Practice knife skills
- Bridge and claw techniques

Moving around the kitchen
With knives

Knife safety

Introduction to food

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PSHE – Respect of knives

Compassion
Respect
curiosity

Ways to cook food

Understand what foods are healthy

Question: How can you cook food using healthy techniques.
Look at grilling, steaming and poaching

Develop respect for knifes

Question: Explain some different types of food

Confidence,