



BENSHAM MANOR School

Curriculum Map - Life Skills Cooking 2019-2020

	YEAR 7	YEAR 8	YEAR 9	Year 10	Year 11
Autumn Term 1	<ul style="list-style-type: none"> • Introduction to Health and Safety • Practical Cookery 	<ul style="list-style-type: none"> • Healthy Breakfast • Practical Cookery 	<ul style="list-style-type: none"> • Safety in the Kitchen • Practical Cookery 	<ul style="list-style-type: none"> • Using Kitchen Appliances • Practical Cookery 	<ul style="list-style-type: none"> • Cooking with Spices • Seasonings • Practical Cookery
Autumn Term 2	<ul style="list-style-type: none"> • Oven Safety • Practical Cookery 	<ul style="list-style-type: none"> • Healthy Eating and Smoothies • Practical Cookery 	<ul style="list-style-type: none"> • Food Storage • Basic Food Hygiene including Food Poisoning • Practical Cookery 	<ul style="list-style-type: none"> • Using Manual and Electrical Equipment in Cookery • Practical Cookery 	<ul style="list-style-type: none"> • Cooking with Spices (2) • Adapting Recipes • Practical Cookery
Spring Term 1	<ul style="list-style-type: none"> • Social Interaction and Eating • Understanding and Following a Pictorial Recipe • Practical Cookery 	<ul style="list-style-type: none"> • Understanding the Eatwell Plate & Nutrition • Introduction to Potato Cookery • Practical Cookery 	<ul style="list-style-type: none"> • Healthy Eating – Fats and Sugars • Practical Cookery 	<ul style="list-style-type: none"> • Cooking and Nutrition – Grains (1) • Practical Cookery 	<ul style="list-style-type: none"> • Home-made Pasta and Sauces • Practical Cookery
Spring Term 2	<ul style="list-style-type: none"> • Testing and recapping of previous learning • Practical Cookery 	<ul style="list-style-type: none"> • Healthy Snacks • Practical Cookery 	<ul style="list-style-type: none"> • Afternoon Tea • Table Manners • Practical Cookery 	<ul style="list-style-type: none"> • Cooking and Nutrition – Grains (2) • Practical Cookery 	<ul style="list-style-type: none"> • Cooking a Dish from France • Practical Cookery
Summer Term 1	<ul style="list-style-type: none"> • Identifying Equipment and Ingredients • Practical Cookery 	<ul style="list-style-type: none"> • Cooking & nutrition – Salads • Practical Cookery 	<ul style="list-style-type: none"> • International Salads • Practical Cookery 	<ul style="list-style-type: none"> • Following a recipe • Practical Cookery 	<ul style="list-style-type: none"> • Filling in gaps • Students identify and work on their identified cooking weaknesses
Summer Term 2	<ul style="list-style-type: none"> • Identifying kitchen knives • Practical Cookery 	<ul style="list-style-type: none"> • Cooking Techniques • Practical Cookery 	<ul style="list-style-type: none"> • Food Allergies and Intolerances • Practical Cookery 	<ul style="list-style-type: none"> • Comparing Processed and Home-made Burgers • Naming animals and meats we eat in the UK • Practical Cookery 	N/A