



Cooking and nutrition

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Intent: Pupils should be able to:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients

Cookery – Scheme of Work

Sessions 1 to 6

During these initial sessions, pupils will:

- become familiar with (and more confident in) the cooking area;
- learn (recap) the safe use of a knife;
- use basic kitchen equipment;
- use the oven safely (grill, hob, oven);
- prepare a range of fresh ingredients, e.g. peeling, grating;
- weigh and measure ingredients.

Sessions 7 to 12

During these sessions, students will:

- use the grill, hob and oven – often simultaneously;
- weigh and measure ingredients accurately;
- combine and mix ingredients together carefully (forming dough);
- learn about the rubbing-in method;
- make a savoury white sauce;
- divide mixtures, cut and shape dough;
- prepare a range of fresh ingredients, e.g. grating, spreading;
- use electrical equipment, e.g. hand-held whisk, food processor;
- prepare equipment for cooking.

Year 7

	Recipe	What will pupils learn?
Week 1	<p>Fruit Fusion</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-12c/fruit-fusion/</p>	<p>Food room safety</p> <p>Hygienic hand washing</p> <p>Knife skills (bridge hold/ claw grip)</p> <p>Citric acid – being used to preserve food</p> <p>Food storage – where to store finished product</p> <p>Fruit preparing e.g. peeling</p>
Week 2	<p>Pizza Toast</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-12c/pizza-toast/</p>	<p>Knife skills – wider ingredient preparation</p> <p>Grater</p> <p>Using a grill (first time pupils introduced to heat)</p>
Week 3	<p>Fruity Flapjacks</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-12c/fruity-flapjacks/</p>	<p>Weighing and measuring (flour, sugar, syrup)</p> <p>Using the hob (leading to the melting method)</p> <p>Combining and mixing</p> <p>Using the oven (baking, temperatures)</p>
Week 4	<p>Spicy Tomato Soup</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-12c/spicy-tomato-soup/</p>	<p>Weighing and measuring (vegetables / liquid) Knife skills (slicing, dicing)</p> <p>Vegetable preparation, e.g. potato, leek</p> <p>Using the hob (boiling, simmering)</p> <p>Blending (optional)</p> <p>How to store & reheat safely</p>
Week 5	<p>Mini Fruit Cakes</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-12c/mini-fruit-cakes/</p>	<p>Weighing and measuring</p> <p>Combining (all-in-one method)</p> <p>Preparation of fillings, e.g. grating, slicing, crushing</p> <p>Dividing evenly between cases</p> <p>Using the oven (baking)</p>

Week 6	<p>Cheese & Courgette Muffins</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-12c/courgette-and-cheese-muffins/</p>	<p>Weighing and measuring</p> <p>Combining (all-in-one method)</p> <p>Preparation of fillings, e.g. grating, slicing, crushing</p> <p>All in one method</p> <p>Dividing evenly between cases</p> <p>Using the oven (baking)</p>
Week 7	<p>Blueberry Muffins</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-12c/fruity-muffins/</p>	<p>Weighing and measuring</p> <p>Combining (all-in-one method)</p> <p>Preparation of fillings, e.g. grating, slicing, crushing</p> <p>All in one method</p> <p>Dividing evenly between cases</p> <p>Using the oven (baking)</p>
Week 8	<p>Apple & Sultana Crumble</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-12c/apple-and-sultana-crumble/</p>	<p>Weighing and measuring</p> <p>Rubbing-in</p> <p>Preparation of fillings, e.g. peeling, slicing</p> <p>Layering ingredients</p> <p>Using the oven (baking)</p>
Week 9	<p>Cheesy Scones</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-12c/cheesy-scones/</p>	<p>Weighing and measuring</p> <p>Preparation of fillings, e.g. grating</p> <p>Rubbing-in</p> <p>Forming a dough</p> <p>Shaping and cutting</p> <p>Using the oven (baking)</p>
Week 10	<p>Scone Based Pizza</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-12c/scone-based-pizza/</p>	<p>Weighing and measuring</p> <p>Preparation of fillings, e.g. cutting, grating</p> <p>Rubbing-in</p> <p>Forming a dough</p> <p>Shaping and cutting</p> <p>Layering ingredients to produce a final product</p> <p>Using the oven (baking)</p>

Week 11	<p>Rock Cakes</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-12c/rocking-rock-cakes/</p>	<p>Weighing and measuring</p> <p>Rubbing-in</p> <p>Forming a shape</p> <p>Using the oven (baking)</p>
Week 12	<p>Cheese & Onion Triangles</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-12c/cheese-and-onion-triangles/</p>	<p>Weighing and measuring</p> <p>Preparation of fillings, e.g. cutting, grating</p> <p>Rubbing-in</p> <p>Forming a dough</p> <p>Shaping and cutting</p> <p>Rolling out</p> <p>Layering ingredients to produce a final product</p> <p>Using the oven (baking)</p>

Year 8

	Recipe	What will pupils learn?
Week 1	<p>Cous Cous Salad</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-12c/vegetable-couscous-salad/</p>	<p>Weighing and measuring</p> <p>Knife skills</p> <p>Ingredient preparation, including meat, fish or alternatives</p> <p>Use of the hob (cooking pasta, potato, rice)</p> <p>Make a simple dressing (optional)</p> <p>Combining, layering, presenting</p> <p>Safe food storage</p>

<p>Week 2</p>	<p>Layered Pasta Salad</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-12c/layered-pasta-salad/</p>	<p>Weighing and measuring Knife skills Ingredient preparation, including meat, fish or alternatives Use of the hob (cooking pasta, potato, rice) Simmer & Boiling (understanding the difference) Make a simple dressing (optional) Combining, layering, presenting Safe food storage</p>
<p>Week 3</p>	<p>Mini Carrot Cakes</p>	<p>Weighing and measuring Combining (all-in-one method) Preparation of fillings, e.g. grating, Dividing evenly between cases Managing timings carefully (this recipe provides challenge due to the variety of equipment) Using the oven (baking)</p>
<p>Week 4</p>	<p>Macaroni Cheese</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-12c/macaroni-cheese/</p>	<p>Weighing and measuring, Use of the hob (boiling, simmering), Preparation of other ingredients, e.g. grating, Making a roux sauce, Cooking pasta (and draining), Combining sauce and pasta, Gratiné (use of grill or oven)</p>

Week 5	<p>Choux Buns</p> <p>https://www.foodafactoflife.org.uk/recipes/cereals/savoury-filled-choux-buns/</p>	<p>Weighing and measuring (precision required)</p> <p>Use of the hob (boiling, simmering),</p> <p>Combination in relation to time</p> <p>Using electric whisks</p> <p>Precision portioning</p> <p>Use of oven (baking)</p> <p>Monitoring temperatures (needs to be cool to insert cream/ add chocolate)</p>
Week 6	<p>Classic Tomato Ragu</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-l2c/classic-tomato-ragu/</p>	<p>Weighing and measuring, Knife skills, Making a tomato based sauce (ragu), Use of hob (boiling, simmering)</p>
Week 7	<p>Spinach, Potato & Chickpea Curry</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-l2c/spinach-potato-and-chickpea-curry/</p>	<p>Weighing and measuring, Knife skills, Preparation of ingredients, meat alternatives (use of chickpeas and veg to replace meat), Use of the hob (simmering)</p>
Week 8	<p>Mushroom Risotto</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-l2c/mushroom-risotto/</p>	<p>Weighing and measuring Knife skills, Preparation of a range of ingredients, Cooking rice, Use of the hob (simmering)</p>
Week 9	<p>Dutch Apple Cake</p> <p>https://www.foodafactoflife.org.uk/recipes/11-14-l2c/dutch-apple-cake/</p>	<p>Weighing and measuring, Combining (creaming method), Fruit preparation, Lining a cake tin, Using the oven (baking)</p>

Week 10	Thai Green Curry https://www.foodafactoflife.org.uk/recipes/11-14-l2c/thai-green-curry/	Weighing and measuring, Knife skills, Preparation of ingredients, including meat, fish or alternatives, Use of the hob (simmering)
Week 11	Marble Pear Tray Bake https://www.foodafactoflife.org.uk/recipes/11-14-l2c/marble-pear-tray-bake/	Weighing and measuring, Combining (creaming method), Fruit preparation, Combing several elements, Lining a cake tin, Using the oven (baking)
Week 12	Sizzling Stir Fry https://www.foodafactoflife.org.uk/recipes/11-14-l2c/sizzling-stir-fry/	Weighing and measuring, Knife, Ingredient preparation, Using a hob (stir-frying)

Year 9

	Recipe	What will pupils learn?
Week 1	Bread	Weighing & measuring, sieving, kneading, proving & shaping Using the oven (baking)
Week 2	Sausage Rolls	Weighing and measuring, Pastry Making (Rubbing in method) Handing meat or vegan alternative)
Week 3	Spaghetti Bolognese https://www.foodafactoflife.org.uk/recipes/11-14-l2c/spaghetti-bolognese/	Weighing and measuring, Knife skills, Preparation of meat or alternatives, Making a meat or alternative base, Cooking potato, Use of the hob (simmering) and /or use of the oven (baking)

Week 4	Quick 'V' Lasagne https://www.foodafactoflife.org.uk/recipes/11-14-l2c/quick-v-lasagne/	Weighing and measuring, Knife skills, Preparation of meat alternative, Making an alternative base, Use of the hob (simmering) and use of the oven (baking)
Week 5	Shepherd's Pie https://www.foodafactoflife.org.uk/recipes/11-14-l2c/shepherd-s-pie/	Weighing and measuring, Knife skills, Preparation of meat or alternatives, Making a meat or alternative base, Cooking potato, Use of the hob (simmering) and /or use of the oven (baking)
Week 6	Focaccia	Weighing & measuring, sieving, kneading, proving & shaping Using the oven (baking)
Week 7	Victoria Sandwich	Weighing & measuring, sieving, distributing evenly, decorating, Using the oven (baking)
Week 8	Chilli Con Carne/ Veggie chilli	Weighing and measuring, Knife skills, Preparation of meat or alternatives, Use of the hob (simmering)
Week 9	Cinnamon Buns	Weighing & measuring, sieving, kneading, proving & shaping, adding additional ingredients to flavour Using the oven (baking)
Week 10	Chow Mein	Using the hob, Knife Skills, Stir Frying, Measuring
Week 11	Chocolate decorated Shortbread	Weighing & measuring, sieving, rubbing in, shaping/cutting out, using the oven (baking), simmering water, melting, decorating.
Week 12	Burgers & Wedges	Weighing and measuring, Knife skills, handling meet, shaping, Using the hob (frying), Using the oven (baking)