

10N - Navigator Curriculum – Subject Food / 2 Lessons weekly

Year	2025 – 2026 Autumn 1	2025 – 2026 Autumn 2	2025 – 2026 Spring 1	2025 – 2026 Spring 2	2025 – 2026 Summer 1	2025 – 2026 Summer 2
10N	<p>Topic: <u>Following instructions AIM EL3/L1</u></p> <p><u>Suggested Key Questions:</u></p> <p>State two ways the instructions can be given. State who may give instructions. Can you identify three hygiene procedures to follow when handling food?</p> <p>Can you use kitchen equipment safely and hygienically?</p> <p>Follow instructions to complete cooking activities. State ways to carry out instructions safely. Identify how well he/she carried out the instructions.</p> <p>How should food be stored? Why is it important to store food correctly?</p> <p>Knife safety, using of knife correctly,</p>	<p>Topic: <u>Cooking AIM EL3/L1</u></p> <p><u>Suggested Key Questions:</u></p> <p>Can you identify items that might be included in a balanced diet? Can you outline different cooking methods? Can you identify foods that can be cooked using different cooking methods? Can you identify equipment used for different cooking methods? Can you identify the main food groups? Give an example of food from each food group. Identify different fruits and vegetables.</p> <p>Identify three/ four basic food hygiene requirements.</p> <p>What is food contamination? What are the risks?</p>	<p>Topic: <u>Cooking AIM EL3/L1</u></p> <p><u>Suggested Key Questions:</u></p> <p>Can you identify safety factors when cooking? Identify risks different cooking methods may have. Identify which methods of cooking are healthy. Make a dish that uses two different cooking methods.</p> <p>Can you identify labels on food?</p> <p>Can you identify a “Best before” or “Use by” date?</p> <p>Identify benefits of healthy eating. Identify health problems linked to diet. Identify healthy cooking methods. Participate in the preparation of healthy balanced meals. Identify food hygiene requirements.</p>	<p>Topic: <u>Cooking AIM EL3/L1</u></p> <p><u>Suggested Key Questions:</u></p> <p>Identify two benefits of healthy eating. Identify two health problems linked to diet. Identify two healthy cooking methods. Participate in the preparation of two healthy balanced meals. Identify three basic food hygiene requirements.</p> <p><u>Key skills and knowledge:</u></p> <p>What hygiene rules do we have to follow when we enter the food room?</p> <p>To know basic hygiene rules when handling food.</p> <p>Pupils should be able to follow health & safety hygiene rules in the kitchen</p>	<p>Topic: <u>Cooking AIM EL3/L1</u></p> <p><u>AM Food preparation and presentation EL3/L1 unit to start</u></p> <p><u>Suggested Key Questions:</u></p> <p>Can you identify utensils required for food preparation?</p> <p>Can you use different knives and different spoons? Can you use different containers and state what their use is?</p> <p>Recapping the skills, knowledge. Checking progress- SOLAR skills.</p> <p><u>Key skills and knowledge:</u></p> <p>What hygiene rules do we have to follow when we enter the food room?</p>	<p>Topic: <u>AIM Food preparation and presentation EL3/L1</u></p> <p><u>AIM Food preparation and presentation EL3/L1 Recapping on information, practical work, gathering evidence for the coursework</u></p> <p><u>Suggested Key Questions:</u></p> <p>Practice correct measurement.</p> <p>Practice serving the meal you have prepared.</p> <p>Prepare the service area.</p> <p>Recapping the skills, knowledge. Checking progress- SOLAR skills.</p> <p><u>Key skills and knowledge:</u></p> <p>Pupils should be able to identify</p>

Curriculum intent (overview) – To deepen students' skills and knowledge through a broad and balanced curriculum which prepares students for adulthood.

<p>vegetable peeler</p> <p>Meet safety: how do you know when food is cooked?</p> <p><u>Key skills and knowledge:</u></p> <p>Learners will know how to follow instructions</p> <p>What hygiene rules do we have to follow when we entering food room?</p> <p>To know basic hygiene rules when handling food.</p> <p>Pupils should be able to follow health & safety hygiene rules in the kitchen independently or with minimum support.</p> <p>Pupils are able to follow safety rules when using a knife and a cooker.</p> <p><u>Meals:</u> 1st week theory/ introduction 2nd week Moussaka 3rd week theory 4th week Shepherd's pie (with mince beef/quorn) 5th week</p>	<p><u>Key skills and knowledge:</u></p> <p>Understand that food can be cooked using different methods of cooking.</p> <p>Understand what makes a balanced diet.</p> <p>Learners will be able to identify different cooking methods, the benefits of a balanced diet and will know about food hygiene.</p> <p><u>Meals:</u> 1st week Theory 2nd week Vegetable lasagne 3rd week Theory 4th week Chicken chow main 5th week Theory 6th week Mince pies/Christmas cookies 7th week consolidation</p>	<p><u>Key skills and knowledge:</u></p> <p>Pupils should be able to know what the safety factors are when we cook food. Pupils will learn about the risks different methods of cooking may have.</p> <p>Pupils should be able to identify labels on food.</p> <p>Pupils should be able to identify benefits of healthy eating. Pupils should be able to identify problems linked with a bad diet.</p> <p><u>Meals:</u> 1st week theory 2nd week Vegetable spring rolls 3rd week Theory 4th week Ratatouille 5th week Homemade burgers with tomato salsa 6th week consolidation</p>	<p>independently or with minimum support.</p> <p>To know about the correct storing of food and know how to identify when food is safe to consume.</p> <p>Students should be able to identify fresh and spoiled foods.</p> <p><u>Meals:</u> 1st week theory 2nd week Pancakes with apples/ cinnamon pancakes- gluten, milk, soy free/alternative 3rd week Theory 4th week Chicken curry/layered potato bake 5th week theory 6th week Easter bake off 7th week consolidation</p>	<p>To know hygiene rules when handling food. Pupils can identify different knives, spoons and containers.</p> <p>Pupils should be able to follow health & safety hygiene rules in the kitchen independently</p> <p><u>Meals:</u> 1st week theory 2nd week Greek smash kebab wraps 3rd week Pizza/ Making own pizza/ Quick pizzas on tortilla- soy, milk, gluten, egg free – alternative. 4th week consolidation</p>	<p>simple labels on food.</p> <p>Students should be able to identify fresh and spoiled foods.</p> <p>Pupils should be able to follow health & safety hygiene rules in the kitchen independently.</p> <p><u>Meals:</u> 1st week theory 2nd week Cheese, onion and herb scones 3rd week Theory 4th week Pineapple upside-down pudding/ jam sponge cake/cupcakes 5th week Theory 6th week Smoothies & fruit salad/Summer snacks 7th week Consolidation</p>
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