

11E - Explorer Curriculum – Food/2 lessons per week

	2024 - 2025 Autumn 1 Unit 1	2024 - 2025 Autumn 2 Unit 2	2024 - 2025 Spring 1 Unit 3	2024 - 2025 Spring 2 Unit 4	2024 - 2025 Summer 1 Unit 5	2024 - 2025 Summer 2 Unit 6
Year 11	<p>Topic: <u>Make a simple meal diet/ EL2/EL3</u></p> <p><u>Suggested Key Questions:</u></p> <p>Can you identify three hygiene procedures to follow when handling food?</p> <p>Can you use kitchen equipment safely and hygienically?</p> <p><u>Key skills and knowledge:</u></p> <p>Pupils should be able to follow health & safety hygiene rules in the kitchen independently or with a minimum support.</p> <p>Pupils should be able to tidy the kitchen up independently, to include wiping down the surfaces.</p> <p>Pupils are able to use basic kitchen</p>	<p>Topic: <u>Make a simple meal diet/ EL2/EL3</u></p> <p><u>Suggested Key Questions:</u></p> <p>Can you use a cooker safely?</p> <p>Can you identify tinned, fresh and frozen foods?</p> <p>Can you choose the right ingredients for a meal?</p> <p><u>Key skills and knowledge:</u></p> <p>To know basic hygiene rules when handling food.</p> <p>Be able to select ingredients to make a meal.</p> <p>Learners will be able to prepare ingredients and use cooking facilities to make a simple meal</p> <p>Be able to prepare ingredients</p> <p>Be able to use</p>	<p>Topic: <u>Make a simple meal diet/ EL2/EL3</u></p> <p><u>Suggested Key Questions:</u></p> <p>Can you identify simple labels on food with a little support?</p> <p>Can you identify a “Best before” or “Use by” date, with assistance?</p> <p>What “Best before” means?</p> <p>What “Use by” means?</p> <p><u>Key skills and knowledge:</u></p> <p>Pupils should be able to identify simple labels on food with a little support.</p> <p>Be able to serve a meal.</p> <p>Be able to select ingredients to make a meal.</p> <p>Learners will be able to prepare</p>	<p>Topic: <u>Make a simple meal diet/ EL2/EL3</u></p> <p><u>Recapping on knowledge and skills gained for AIM course.</u></p> <p><u>SOLAR OUTCOMES/ FINAL ASSESSMENT</u></p> <p><u>Suggested Key Questions:</u></p> <p>Can you identify simple labels on food with a little support?</p> <p>Can you identify a “Best before” or “Use by” date, with assistance?</p> <p>What “Best before” means?</p> <p>What “Use by” means?</p> <p>Can you identify two signs that food is still fresh?</p> <p>Can you identify a food that may not be</p>	<p>Topic: <u>Different methods of cooking</u></p> <p><u>Final SOLAR assessment:</u></p> <p>Recapping the skills, knowledge. Checking on progress- SOLAR skills</p> <p><u>Suggested Key Questions:</u></p> <p>Pupils are able to use basic kitchen equipment such as scales, peelers, measuring jugs independently or with a minimum support.</p> <p>Identify foods come from plants or animals independently or with a minimum support.</p> <p>Pupils will use correct techniques when chopping foods (bridge & claw techniques) independently or</p>	<p>Topic: <u>Different methods of cooking</u></p> <p><u>Suggested Key Questions:</u></p> <p>To refresh the knowledge on different methods of cooking.</p> <p>Can you choose the most suitable method of cooking to prepare given meal/dish?</p> <p><u>Key skills and knowledge:</u></p> <p>Pupils should be able to identify simple labels on food with a little support</p> <p>To know about correct storing of food and knowing how to identify when food is safe to consume.</p> <p>Students should be able to identify fresh and spoiled foods.</p> <p>Pupils are able to follow safety rules when using a cooker.</p>

<p>equipment such as scales, peelers, measuring jugs independently or with a minimum support.</p> <p>Pupils are able to follow safety rules when using a cooker.</p> <p>To know how about correct storing of food and knowing how to identify when food is safe to consume.</p> <p><u>Meals:</u> 1st week Theory 2nd week Leek and potatoes soup/alternative 3rd week Theory 4th week Pasta, sausage bake 5th week Theory 6th week Beef tacos- Good Food 7th week Halloween baking 8th week Consolidation</p>	<p>utensils safely.</p> <p>Be able to use a cooker safely.</p> <p>Pupils will deepen the knowledge and understanding of nutrition, food, cooking and preparation of dishes.</p> <p>Students will know how to plan, prepare and present the meal with some support if required</p> <p><u>Meals:</u> 1st week Theory 2nd week Veggie pasta bake 3rd week Theory 4th week Stir fry veggie with Tofu 5th week Theory 6th week Christmas baking 7th week Consolidation</p>	<p>ingredients and use cooking facilities to make a simple meal</p> <p>Be able to prepare ingredients</p> <p>Be able to use utensils safely.</p> <p><u>Meals:</u> 1st week Theory 2nd week Veggie burritos (Good Food) 3rd week Theory 4th week Creamy lentil & veggie curry 5th week Homemade burgers with pita bread 6th week Consolidation</p>	<p>safe to use/has "gone off"?</p> <p><u>Key skills and knowledge:</u></p> <p>Pupils should be able to Identify simple labels on food with a little support</p> <p><u>Meals:</u> 1st week Theory 2nd week Pancakes or alternative for shrove Tuesday 3rd week Theory 4th week Chicken curry 5th week Theory 6th week Easter bake off 7th week Consolidation</p>	<p>with a minimum support.</p> <p><u>Key skills and knowledge:</u></p> <p>Pupils should be able to Identify simple labels on food with a little support</p> <p>To know about correct storing of food and knowing 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 Brownies 3rd week Pizza 4th week Consolidation</p>	<p>To learn about cost of recipes, how much time we spend to cook certain dishes/meals.</p> <p>Pupils will deepen the knowledge and understanding of nutrition, food, cooking and preparation of dishes.</p> <p>Students will know how to plan, prepare and present the meal with some support if required</p> <p><u>Meals:</u> 1st week Theory 2nd week Cheese scones 3rd week Theory 4th week Cake / own choice 5th week Theory 6th week Summer snacks/ meal 7th week Consolidation</p>
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Links to Gatsby bench mark	<u>4. Linking curriculum learning to careers</u> Reference to Food at further education. Careers in Food industry.	<u>4. Linking curriculum learning to careers</u> Reference to Food at further education. Careers in Food industry.	<u>4. Linking curriculum learning to careers</u> Looking at different cooking skills, matching to different jobs in Catering;	<u>4. Linking curriculum learning to careers</u> Looking at different cooking skills, matching to different jobs in Catering;	<u>4. Linking curriculum learning to careers</u> Looking at different cooking skills, matching to different jobs in Catering;	<u>4. Linking curriculum learning to careers</u> Looking at different cooking skills, matching to different jobs in Catering;
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