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
	Topic:	Topic:	Topic:	Topic:	Topic:	Topic:
	Make a simple meal	Make a simple meal	Make a simple meal	Make a simple meal	Different methods	Different methods of
Year 11	diet/ EL2/EL3	diet/ EL2/EL3	diet/ EL2/EL3	diet/ EL2/EL3	of cooking	cooking
	Cummanta d Mari		Cummanta d Kay	Decemping on		Commented Mass
	Suggested Key Questions:	Suggested Key	Suggested Key Questions:	Recapping on knowledge and	Final SOLAR	Suggested Key Questions:
	Questions.	Questions:	Questions.	skills gained for	assessment:	Questions.
	Can you identify		Can you identify	AIM course.		To refresh the
	three hygiene	Can you use a	simple labels on food	SOLAR	Recapping the skills,	knowledge on different
	procedures to follow	cooker safely?	with a little support?	OUTCOMES/ FINAL	knowledge.	methods of cooking.
	when handling food?	Can you identify	Can you identify a	<u>ASSESSMENT</u>	Checking on	Can you choose the
	Can you use kitchen	Can you identify tinned, fresh and	"Best before" or "Use		progress- SOLAR skills	most suitable method
	equipment safely and	frozen foods?	by" date, with	Suggested Key	SKIIIS	of cooking to prepare
	hygienically?	Can you choose the	assistance?	Questions:	Suggested Key	given meal/dish?
		right ingredients for a			Questions:	12 1 111 1
	Key skills and	meal?	What "Best before"	Can you identify		Key skills and knowledge:
	knowledge:		means?	simple labels on food	Pupils are able	knowiedge.
	Pupils should be	Key skills and	What "Use by	with a little support?	to use basic kitchen equipment such as	Pupils should be able
	able to follow health	knowledge:	"means?	Can you identify a	scales, peelers,	to Identify simple
	& safety hygiene			"Best before" or "Use	measuring jugs	labels on food with a
	rules in the kitchen	To know basic	Key skills and	by" date, with	independently	little support
	independently or	hygiene rules when	knowledge:	assistance?	or with a minimum	To know about
	with a minimum	handling food.	Pupils should be	What "Best before"	support.	correct storing of
	support.	Be able to select	able to Identify	means?	Identify foods come from plants or	food and knowing
		ingredients to make	simple labels on		animals	how to identify when
	Pupils should be	a meal.	food with a little	What "Use by	independently	food is safe to
	able to tidy the	Learners will be	support.	"means?	or with a minimum	consume.
	kitchen up	able to prepare ingredients and use	Be able to serve a meal.	Can you identify two	support.	Students should be
	independently, to include wiping	cooking facilities to	meal. Be able to select	signs that food is still	Pupils will use correct	able to identify fresh
	down the surfaces.	make a simple meal	ingredients to make	fresh?	techniques when chopping foods	and spoiled foods.
		Be able to prepare	a meal.		(bridge & claw	Pupils are able to
	Pupils are able to	ingredients	Learners will be	Can you identify a	techniques)	follow safety rules
	use basic kitchen	Be able to use	able to prepare	food that may not be	independently or	when using a cooker.

equipment such as scales, peelers, measuring jugs independently or with a minimum support.

Pupils are able to follow safety rules when using a cooker.

To know how about correct storing of food and knowing how to identify when food is safe to consume.

Meals:

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

Halloween baking

Food

7th week

8th week Consolidation utensils safely.

Be able to use a cooker safely.

Pupils will deepen the knowledge and understanding of nutrition, food. cooking and preparation of dishes. Students will know how to plan, prepare and present the meal with some support if required

Meals:

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

ingredients and use cooking facilities to make a simple meal Be able to prepare ingredients Be able to use utensils safely.

Meals: 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

safe to use/has "gone off"?

Key skills and knowledge:

Pupils should be able to Identify simple labels on food with a little support

Meals: 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 with a minimum support.

Key skills and knowledge:

Pupils should be able to Identify simple labels on food with a little support

To know about correct storing of food and knowing how to identify when food is safe to consume.

Students should be able to identify fresh and spoiled foods.

Meals: 1st week Theory 2nd week **Brownies** 3rd week Pizza 4th week Consolidation To learn about cost of recipes, how much time we spend to cook certain dishes/meals.

Pupils will deepen the knowledge and understanding of nutrition, food. cooking and preparation of dishes. Students will know how to plan, prepare and present the meal with some support if required

Meals: 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

Links to Gatsby	4. Linking curriculum learning to careers	4. Linking curriculum learning to careers	4. Linking curriculum learning to careers	4. Linking curriculum learning to careers	4. Linking curriculum learning to careers	4. Linking curriculum learning to careers
bench mark	Reference to Food at further education. Careers in Food industry.	Reference to Food at further education. Careers in Food industry.	Looking at different cooking skills, matching to different jobs in Catering;	Looking at different cooking skills, matching to different jobs in Catering;	Looking at different cooking skills, matching to different jobs in Catering;	Looking at different cooking skills, matching to different jobs in Catering;