

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

4D - Discovery Curriculum – Food / 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
	<p>Topic: 115806 Basic cooking skills AQA UAS pre-entry level.</p> <p>Suggested Key Questions:</p> <p>Can you prepare for food lessons (can you wash your hands and put an apron on correctly)?</p> <p>Can you identify the cooking equipment needed for chosen tasks (with support)?</p> <p>Can you prepare the correct equipment for the chosen meal?</p> <p>Can you follow the correct sequence of tasks to make the dish, with support?</p> <p>Can you carry out four simple cooking processes with support, e.g. pouring, mixing, spreading?</p> <p>Key skills and knowledge:</p>	<p>Topic: 115806 Basic cooking skills AQA UAS pre-entry level.</p> <p>AQA UAS 120051 Introduction to 5 a day food with support pre - entry</p> <p>Suggested Key Questions:</p> <p>Can you carry out four simple cooking processes with support, e.g. pouring, mixing, spreading?</p> <p>Can you follow instructions to prepare the dish with support?</p> <p>Can you wash and dry the dishes?</p> <p>Can you tidy the kitchen, with support?</p> <p>Exploring at least two five-a-day foods Can you evaluate the dish indicating your likes and dislikes?</p>	<p>Topic: 115806 Basic cooking skills AQA UAS pre-entry level.</p> <p>Suggested Key Questions:</p> <p>AQA UAS 120051 Introduction to 5 a day food with support pre - entry</p> <p>Can you wash and dry the dishes?</p> <p>Can you tidy the kitchen, with support?</p> <p>Can you evaluate the dish indicating your likes and dislikes?</p> <p>Can you make a choice between two ingredients when given the opportunity?</p> <p>Can you recognise and name ingredients? Exploring at least two five-a-day foods</p> <p>Key skills and knowledge:</p>	<p>Topic: 115806 Basic cooking skills AQA UAS pre-entry level.</p> <p>AQA UAS 120051 Introduction to 5 a day food with support pre - entry</p> <p>Suggested Key Questions:</p> <p>Can you prepare ingredients for the chosen meal, with support?</p> <p>Can you use a knife and a fork properly?</p> <p>Can you prepare at least four different simple meals, e.g. beans on toast, pasta, pizza, soup?</p> <p>Students will be making a meal which consists of 5 a day vegetable/ fruit.</p> <p>Key skills and knowledge:</p>	<p>Topic: 119282 Kitchen skills AQA UAS</p> <p>Suggested Key Questions:</p> <p>Use kitchen equipment and utensils safely</p> <p>Make hot drinks Make squash</p> <p>Peel vegetables,</p> <p>Grate cheese</p> <p>Follow Health & Safety rules</p> <p>Recapping the skills, knowledge. Checking progress-SOLAR skills. Can you name the correct equipment?</p> <p>Can you prepare four different simple meals?</p> <p>Can you follow the correct sequence to prepare a dish?</p> <p>Can you evaluate the dish?</p> <p>Key skills and knowledge:</p> <p>Pupils should have experienced and be able to know how to use cookers safely for at least one</p>	<p>Topic: 119282 Kitchen skills AQA UAS</p> <p>Consolidation of the skills and knowledge practice over Autumn and Spring term.</p> <p>Suggested Key Questions:</p> <p>Recapping the skills, knowledge. Checking progress-SOLAR skills. Can you name the correct equipment?</p> <p>Can you prepare four different simple meals?</p> <p>Can you follow the correct sequence to prepare a dish?</p> <p>Can you evaluate the dish?</p> <p>Key skills and knowledge:</p> <p>Pupils should have experienced and be able to know how to use cookers safely for at least one</p>

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	<p>Students will recap hygiene rules we have to follow when we are entering the food room.</p> <p>To know basic hygiene rules when handling food.</p> <p>Students should be able to follow simple sequences to prepare dishes with support.</p> <p>Should students be able to select appropriate utensils and ingredients for each dish?</p> <p><u>Meals:</u> 1st week Introduction to Health & Safety rules in the kitchen 2nd week Pasta with veggies 3rd week Theory 4th week Omelette 5th week Theory 6th week Macaroni cheese 7th week The world snack tasting 8th week Consolidation</p>	<p>Key skills and knowledge:</p> <p>To know basic hygiene rules when handling food.</p> <p>To be able to take part in preparing basic ingredients for a meal.</p> <p>Follow basic instructions to prepare a meal with close support.</p> <p>Students should be able to follow personal and general hygiene rules in the kitchen.</p> <p>Students should be able to follow cooking processes with support.</p> <p>Students should be able to select a few basic ingredients for different dishes.</p> <p><u>Meals:</u> 1st week Health & Safety rules in the kitchen 2nd week Spaghetti Bolognese with prepared veggies</p>	<p>To be able to evaluate your own work, with support.</p> <p>Students should be able to wash the dishes and tidy the kitchen with support.</p> <p>Students should be able make simple choices considering their likes and dislikes- related to foods.</p> <p><u>Meals:</u> 1st week Health & Safety rules in the kitchen 2nd week Grill sausage and mash potatoes 3rd week Theory 4th week Creamy quorn sausage pasta bake 5th week Apple crumble 6th week Consolidation</p>	<p>Pupils should have experienced and be able to know how to use cookers safely for at least one activity (close supervision)</p> <p>Pupils should be able to know how to use basic utensils safely.</p> <p>To know that there are instructions we need to follow when preparing food.</p> <p>Can you identify the names of at least three cooker parts?</p> <p>Can you take part in preparing the service area and tables?</p> <p><u>Meals:</u> 1st week Health & Safety rules in the kitchen preparing a snack – pancakes. 2nd week Theory 3rd week Easy veggie quesadillas 4th week Theory 5th week Easy snack 6th week Easter bakes off</p>	<p>Key skills and knowledge:</p> <p>What hygiene rules need to be followed in the food room?</p> <p>To know basic hygiene rules when handling food.</p> <p>Can you identify the names of at least three cooker parts?</p> <p>Student should have participated in preparation of at least four different meals, with support.</p> <p><u>Meals:</u> 1st week Health & Safety rules in the kitchen 2nd week Chicken nuggets 3rd week Quick pizza on baguette/pitta 4th week Consolidation</p>	<p>activity (close supervision)</p> <p><u>Meals:</u> 1st week Health & Safety rules in the kitchen /recap 2nd week Fruit salad 3rd week Theory 4th week Vanilla milkshake (the super easy teen chef's cookbook) or chocolate & vanilla cupcakes 5th week Theory 6th week Easy summer snacks 7th week Consolidation</p>
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		3rd week Theory 4th week Easy vegetable curry with prepared veggies 5th week Theory 6th week Christmas baking/ cupcakes 7th week Consolidation		7th week Consolidation		
Links to Gatsby Benchmarks:	Benchmark 3 – Addressing the needs of the student and * - Personal Guidance What roles they are interested in and what qualifications we need to have to become a Chef, catering assistant;	Benchmark 4 – Linking Curriculum to learning Students to consider what skills are needed to be a chef, kitchen assistant, waiter/waitress.	Benchmark 3 – Addressing the needs of the student and * - Personal Guidance What roles they are interested in and what qualifications we need to have to become a Chef, catering assistant;	Benchmark 4 – Linking Curriculum to learning Students to consider what skills are needed to be a chef, kitchen assistant, waiter/waitress.	Benchmark 3 – Addressing the needs of the student and * - Personal Guidance What roles they are interested in and what qualifications we need to have to become a Chef, catering assistant;	Benchmark 4 – Linking Curriculum to learning Students to consider what skills are needed to be a chef, kitchen assistant, waiter/waitress.