

This scheme of work is designed to introduce the pupils to cooking in a domestic kitchen. They are encouraged to develop their independence when cooking both practically and by communicating personal taste preferences. They will learn about the importance of nutrition and how to run a safe and hygienic kitchen.

	Topic	Learning Objectives	Tasks	Assessed LO	Links to school vision and values
W1	Healthy small meals	To be able to identify food groups in a small main dish	Make a small meal and identify the food groups in it	Final product	wellbeing, independence, communication, achievement
W2	Seasonal foods	To be able to identify three seasonal foods	To make a seasonal dessert	Practical activity	wellbeing, independence, communication, achievement
W3	Seasonal foods	To be able to identify three seasonal foods	To make a seasonal main meal	Practical activity	wellbeing, independence, communication, achievement
W4	Seasonal foods Healthy eating	To be able to plan a two course meal using seasonal foods	To make a seasonal main meal	Practical activity	wellbeing, independence, communication, achievement
W5	Seasonal foods Healthy eating	To be able to plan a two course meal using seasonal foods	To make a seasonal dessert – write a meal plan	Meal plan	wellbeing, independence, communication, achievement
W6	Seasonal foods Healthy eating	To evaluate the dish they have made and suggest one improvement	To make a seasonal dessert and evaluate	Evaluation	wellbeing, independence, communication, achievement

