

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 |

