

Post 16	Autumn	Spring	Summer
Unit Title	Basic Skills	World Foods	Home Management and Seasonal Foods
Key areas	<p>Developing upon existing practical skills & knowledge. Topic: Rules & expectations, safety & hygiene. Pupils recap/learn and develop basic skills (upon Life Skills KS4) such as equipment usage (Knife skills), food safety and will learn how to cook some basic food items in different ways. Lessons to include focus on- How to cook eggs, potatoes, rice and pasta. Food products- tasted/made at school or taken home.</p> <p>Practical: hygiene and safety, research, food preparation skills/food tasting, cooking with basic recipes (if possible).</p> <p>Life Skills accreditation topic link: AQA Unit Awards (choice includes) Shopping Unit 1 / Basic Food Hygiene Basic cookery skills/Using cookery skills to follow a recipe</p>	<p>Developing upon existing practical skills & knowledge (KS3 & KS4-Life Skills, Geography)</p> <p>Topic: Pupils recap/develop understanding upon on KS3 topics (Fair Trade) and learn about food origins, food labels, sources, locations, air miles, and multi-cultural foods in addition to Fair Trade. Lessons will include making a range of multi-cultural foods from some of the countries located in the continents of Asia, Africa, North America, South America, Europe and Australia.</p> <p>Practical: hygiene and safety (continues to be embedded), shopping (money skills) developing independence in practical tasks and making a range of different food products and participating in a fundraising event</p> <p>Life Skills accreditation topic link: AQA Unit Awards (choice includes) International cooking/ Foods of the world Experiencing and tasting foods from other cultures with support</p>	<p>Developing upon existing practical skills & knowledge</p> <p>Home Management- Kitchen hygiene, Kitchen care and cleaning (fridge/freezer, cooker, and microwave) and laundry usage (washing, ironing). May include- Laundrette visit, kitchen garden, money skills (money recognition, paying bills, budgeting).</p> <p>Seasonal Foods- Buying and making products using seasonal and local produce for recipe ingredients.</p> <p>Practical tasks: shopping skills, food preparation, cleaning/washing, leadership and teamwork,</p> <p>Life Skills accreditation topic link: AQA Unit Awards (choice includes) Seasonal Cookery Seasonal Foods Seasonal cookery Unit AQA accreditation completion</p>
Accreditation	2023-2024		
Skills Focus	Skills: Shopping, Communication, team work food preparation	Skills: Shopping, money, Communication, research developing independence in basic practical tasks	Developing independence skills: shopping, cleaning team work/leadership, problem solving
Key Vocabulary <small>Links to other subjects</small>	Hygiene safety routine practical skills recipe stable foods dairy carbohydrates energy protein cooking terminology Citizenship (rules), PSHE, Science, English, Maths	World, fundraise sales cost profits independence weigh/measure Geography, PSHE, Citizenship, Maths, English	Cleaning hygiene laundrette organisation leadership team seasonal local organic produce method, evaluate Horticulture, Science, Maths, English

British Values links: Encourages respect towards one another through teamwork and appreciation of their own and other cultures

Post 16	Autumn	Spring	Summer
Unit Title	British and European Foods	The Maroon Café	Kitchen Hygiene
Key areas	<p>Developing upon existing practical skills.</p> <p>Topic: Re-cap rules & expectations, health & safety awareness. Pupils to make a range of traditional food products from the UK and some European countries (snacks, meals, puddings/desserts).</p> <p>Practical: hygiene and safety (knowledge & development), research, voting, shopping, practical basic cookery skills /terminology</p>	<p>Developing upon existing practical skills & knowledge.</p> <p>Topic: Pupils to make a range of snack/ food products to sell to pupils and staff around school and in a café environment. Maths and communication skills link to this topic with job roles (Cashier, Chef/Baker and waiter). Profits to charity.</p> <p>Topic includes- Communication skills (to organise a fundraiser-ideas/research, discuss/debate), money skills and developing independence in basic practical tasks.</p>	<p>Developing upon existing prior knowledge and understanding (gained onwards from KS3)</p> <p>Topic: Pupils recap/learn and develop their understanding of kitchen hygiene and food safety including food poisoning and prevention.</p> <p>Practical: Basic food hygiene (storage, labels, equipment, freezing and defrosting), shopping skills and cookery lessons.</p> <p>Cookery lessons- Pupil challenges: 'I want to learn how to---' Post 16 pupils to generate ideas.</p> <p>Cooking on a budget-recipes</p>
Accreditation	<p>Life Skills accreditation topic link:</p> <p>AQA Unit Awards (choice includes)</p> <p>Planning and making a Seasonal Soup</p> <p>European Cooking: Making a Traditional Meat Dish</p> <p>European Cooking: Making a Traditional Meat Sauce for Pasta</p> <p>Make a Pizza</p> <p>Shopping Unit 2</p> <p>Food Hygiene Awareness</p>	<p>Practical: Shopping, research, bake & make (recipe development) and job roles for running a café, sales and fundraising.</p> <p>Life Skills accreditation topic link:</p> <p>AQA Unit Awards (choice includes)</p> <p>Making scones/cakes Introduction to serving in a café</p> <p>Setting up and running a school café</p>	<p>Life Skills accreditation topic link:</p> <p>AQA Unit Awards (choice includes)</p> <p>Food Safety Food Hygiene Awareness</p> <p>Basic Food Hygiene</p> <p>Seasonal cookery Unit 1: picnic</p> <p>AQA accreditation completion</p>
Skills Focus	Skills: Shopping, Communication, team work food preparation	Skills: Shopping, money, Communication, research developing independence in basic practical tasks	Developing independence skills: shopping, cleaning team work/leadership, problem solving
Key Vocabulary <small>Links to other subjects</small>	Hygiene traditional culture custom British European tourism, research recipes measurement time management Geography, Citizenship, PSHE, Maths, English	Café discuss debate business skills sales survey evaluate profits Maths, English, Careers	Safety hygiene poisoning freeze defrost contamination PSHE, Science, Geography, Maths, English

Every child matters- stay safe, be healthy, enjoy & achieve, make a positive contribution

British Values links: Encourages respect towards one another through team work and appreciation of their own and other cultures

Post 16	Autumn	Spring	Summer
Unit Title	Celebration Foods	Healthy Lifestyles: Food & Nutrition	The Home: Accidents & Prevention
Key areas	<p>Developing upon existing practical skills & knowledge</p> <p>Topic: Rules & expectations, safety & hygiene. Pupils make/taste food products and ingredients associated to some of the celebrations and festivals (multi-cultural, religious /non- religious events) that may occur during the autumn term (snacks & main meals).</p>	<p>Developing upon prior knowledge and understanding of a healthy lifestyle (gained KS3 onwards).</p> <p>Topic: What is a healthy lifestyle? Why is it important? Pupils recap/learn to develop their understanding of nutrition. This topic involves Basic nutrition, food groups, taste sessions, adapting recipes to make them healthier /healthy alternative foods (Vegetarian, food allergies).</p>	<p>Developing on prior learning, understanding and equipment usage (KS3 on-wards).</p> <p>Topic: Home safety, scenarios, kitchen safety & Kitchen hygiene, research & posters. Using kitchen equipment & following instructions (verbal, written (instruction books, online & lesson demonstrations)</p>
Accreditation	<p>Practical: hygiene and safety, shopping, food tasting, recipe research, making topic related food products.</p> <p>Life Skills accreditation topic link: AQA Unit Awards (choice includes) Basic Cooking Techniques Seasonal Cooking: Unit 1 Christmas Making a Christmas cake Researching a Themed Catering Event</p>	<p>Practical; hygiene, safety, organisational and practical skills development. Food tasting, recipe research, making healthy foods that include fruit and vegetables, fish, chicken, vegetarian foods, low fat foods, adapting recipes</p> <p>Life Skills accreditation topic link: AQA Unit Awards (choice includes) Making a vegetable Pasta salad Unit1/Unit 2/Healthy Eating /Introduction to Basic Nutrition/Basic Food Hygiene (2)/Basic Cooking and Food Hygiene</p>	<p>Practical tasks; Making food products that includes electrical equipment and the oven grill usage. Food products-tasted at school or taken home.</p> <p>AQA accreditation completion</p> <p>All Post 16 Topics - Life Skills shopping: Independence/team work (depends on ability) write a shopping list, find ingredients, budget, pay (use money skills) responsibility own shopping, change, receipt Visits may include: Various supermarkets, shops, cafes, libraries, laundrettes</p>
Skills Focus	<p>Skills: Food preparation, Communication, team work Shopping, money Skills, developing independence in basic practical tasks</p>	<p>Skills: Demonstrates nutritional awareness food hygiene research, discussion team work/shared leadership</p>	<p>Skills: Demonstrating knowledge, organisational, greater independence skills: shopping, cleaning, practical lessons Leadership Challenge and problem solving</p>
Key Vocabulary <small>Links to other subjects</small>	<p>Hygiene safety, celebrations, multi-cultural skills organisation Geography, Citizenship, RE, PSHE, Maths, English</p>	<p>Healthy lifestyles nutrition adaption alternative PSHE, Science, Maths, English</p>	<p>Accidents prevention emergency electrical scenarios English, PSHE, Citizenship, ICT</p>