Cooking Curriculum Roadmap

ON TRACK EDUCATION

Future

Milestone 15-17 BTEC L2

- Economising and budgeting
- Nutitional values
- Design and create a two course meal
- Selecting and preparing foods

Milestone13-15 BTEC L1

- Passing on information & promoting healthy eating
- Food Safety
- Kitchen hygiene
- Producing recipe cards

Milestone 11-12 WJEC L1

- Current healthy eating advice, dietary needs, socio-economic factors, preferences, occasion and cost considered when planning what to cook
- Ingredients are selected for their nutritional, functional and sensory characteristics, as well as food provenance and seasonality

Students can access any of these courses at any point during the academic year. They do not need to start at Milestone 3 to progress.

Milestone 9-10 WJEC E3

- Around the world, people use a range of different ingredients, equipment and cooking techniques to prepare food
- Recap on Eatwell Guide focusing on the nutritional value of foods
- When planning to cook, it is important to select the most suitable ingredients, equipment and food skills for successful results

Milestone 7-8 WJEC E2

- There are a number of basic food skills which enable a variety of dishes to be made
- The importance of storing, preparing and cooking food safely and hygenically
- Have an understanding that different pieces of equipment used in cooking have special jobs
- There are a number of basic skills which enable a variety of dishes to be made
- Food labelling / traffic light food labelling
- When planning to cook, the time of day, person and occasion needed to be considered
- There are a variety of ingredients that can be used for cooking

Milestone 5-6 AQA EL

- Eatwell plate & basic food groups
- Practical routines / basic equipment selection

Milestone3-4 AQA Pre EL

- Food must be prepared, cooked hygenically and safely before it is eaten
- Food waste should be avoided