



Unit Provision: 4B Life Skills Food Preparation Curriculum Learning Journey 2021 – 2022

Term 1	Safety in the Kitchen	<ul style="list-style-type: none"> - Establish and follow health and safety routines - Personal hygiene - Work hygienically in a kitchen environment - Safe use of utensils and equipment
Term 2	Developing Independence in the Kitchen Environment	<ul style="list-style-type: none"> - Practise skills for preparing ingredients e.g. Cutting, peeling and grater - Use correct equipment and handle safely and hygienically - Identify and collect ingredients needed for a given recipe
Term 3	Preparing and Storing Food Items	<ul style="list-style-type: none"> - Prepare at least three food items/snacks for cold presentation - Follow instructions on packaging - Store food items safely and hygienically
Term 4	Basic Cooking	<ul style="list-style-type: none"> - Select the correct ingredients for basic dishes/snacks - Cook at least three food items/snacks - Follow recipes for simple dishes/snacks - Clean work areas and equipment after use
Term 5	Cooking Simple Dishes	<ul style="list-style-type: none"> - Identify how to cook three food items/snacks safely - Prepare and cook at least three simple dishes/snacks - Review dishes
Term 6	Preparing Drinks	<ul style="list-style-type: none"> - Identify different types of drinks - Prepare cold drinks - Prepare hot drinks

Big Ideas:

Basic Food Preparation
Basic Cooking
Preparing Drinks and Snacks
Basic Skills Used in Food Preparation

Individual Need:

Students will access varying amounts of the big ideas content dependent on individual need