



Unit Provision 5B: Life Skills Curriculum Learning Journey 2021 – 2022

Term 1	Safety in the Kitchen	<ul style="list-style-type: none"> - Establish and follow health and safety routines - Importance of personal hygiene - Follow recipes and/or demonstrations - Work hygienically in a kitchen environment - Safe use of utensils and equipment
Term 2	Snacks and Simple Dishes	<ul style="list-style-type: none"> - Recognise/identify food and/or ingredients - Follow recipes and/or demonstrations - Prepare everyday ingredients - Make simple bakes, dishes and/or snacks
Term 3	Food and Drink Storage	<ul style="list-style-type: none"> - Where different foods and drinks should be stored - How to store different items of food and drink - Consequences of poor food and drink storage
Term 4	Different Methods of Cooking	<ul style="list-style-type: none"> - Cook food items by shallow frying - Cook food items by baking - Cook food items by boiling
Term 5	Healthier Options	<ul style="list-style-type: none"> - Cook food items by grilling - Healthy cooking methods - Healthy recipes and/or ingredients - Seasonal cooking
Term 6	Planning and Preparing Food for an Event	<ul style="list-style-type: none"> - Research recipes - Plan a menu - Prepare and serve food for an event

Big Ideas:

NOCN Independent Living: Looking After Yourself
and Your Home
Everyday Food and Drink Preparation
Basic Cooking Techniques

ASDAN Personal Progress
Preparing Drinks and Snacks

Individual Need:

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



Unit Provision: KS5 Horticulture Curriculum Learning Journey 2021 – 2022

Term 1	Introduction to gardening	<ul style="list-style-type: none"> - Common plants found in the garden - Common weeds found in the garden - Practical gardening including weeding - Planting spring bulbs
Term 2	Planning a fruit garden	<ul style="list-style-type: none"> - Common fruit trees and bushes - Fruit tasting - Garden design
Term 3	Preparation for planting	<ul style="list-style-type: none"> - Stock take of all garden equipment - Prepare greenhouse for spring - Prepare raised beds for spring planting
Term 4	Planting	<ul style="list-style-type: none"> - Container planting - Bedding plants - Seed planting - Weeding - Preparation of ground and raised beds
Term 5	Kitchen garden	- Maintenance of raised beds and containers
Term 6		<ul style="list-style-type: none"> - Use and care of garden equipment - Practical planting sessions - Harvesting of fruits and vegetables - Hanging baskets

Big Ideas:

NOCN: Gardening for pleasure

Individual Need:

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