



## Unit Provision 4C Vocational: Cooking Curriculum Learning Journey 2022-2023

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|---------------|--|---|
| <b>Term 1</b> | Fruit and vegetables                               | <ul style="list-style-type: none"> <li>- Common fruit and vegetables</li> <li>- Sample a range of fruit and vegetables</li> <li>- How to check the quality of fruit and vegetables</li> <li>- Seasonal fruit and vegetables</li> </ul>  |
| <b>Term 2</b> | Preparing fruit and vegetables                     | <ul style="list-style-type: none"> <li>- Storage methods for specified fruit and vegetables</li> <li>- Common preparation methods for fruit and vegetables</li> <li>- Equipment required for identified preparation methods</li> <li>- Practical use of common tools for the preparation of specified fruit and vegetables safely e.g. corer, grater, peeler, sharp knife and spiralizer</li> </ul> |
| <b>Term 3</b> | Different methods for cooking fruit and vegetables | <ul style="list-style-type: none"> <li>- Different cooking techniques: boil, roast, steam and stir fry</li> </ul>   |
| <b>Term 4</b> | Cooking with vegetables                            | <ul style="list-style-type: none"> <li>- Assemble and prepare vegetables according to specifications</li> <li>- Cook vegetables according to recipes: soups and vegetarian dishes</li> </ul>  |
| <b>Term 5</b> | Cooking with fruit                                 | <ul style="list-style-type: none"> <li>- Assemble and prepare fruit according to specifications</li> <li>- Cook fruit according to recipes: hot puddings and fruit salads</li> </ul>  |
| <b>Term 6</b> | Cooking on a budget                                | <ul style="list-style-type: none"> <li>- Cost of ingredients</li> <li>- Benefits of batch cooking</li> <li>- Seasonal cooking</li> <li>- Budget recipes</li> </ul>  |

### **Big Ideas:**

LASER LEAP

Entry Level 3

Preparing and Cooking Fruit and Vegetables

### **Individual Need:**

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