



## Unit Provision KS5: Life Skills Curriculum Learning Journey 2022 – 2023

<b>Term 1</b>	Safety in the Kitchen	<ul style="list-style-type: none"> <li>- Health and Safety Routines in a Kitchen Environment</li> <li>- Follow Instructions in a Kitchen Environment e.g. simple recipes and/or demonstrations</li> <li>- Baseline of Skills</li> </ul>
<b>Term 2</b>	Fruit and Vegetables	<ul style="list-style-type: none"> <li>- Sample a range of fruit and vegetables</li> <li>- Make healthy snacks e.g. crudité and dips and fruit kebabs</li> <li>- Make healthy drinks e.g. fruit smoothies</li> <li>- Cook dishes using different vegetables e.g. lasagne</li> </ul>
<b>Term 3</b>	Food Groups	<ul style="list-style-type: none"> <li>- Five Main Food Groups</li> <li>- Examples of foods from the different food groups</li> <li>- Make snacks e.g. boiled egg with toast, toasted cheese sandwich</li> <li>- Cook dishes and identify the different food groups: frittata and chicken fajitas</li> <li>- Sample a range of dairy and dairy alternative products e.g. cheese, yoghurts and milk</li> </ul>
<b>Term 4</b>	Healthy Eating	<ul style="list-style-type: none"> <li>- Benefits of eating healthy</li> <li>- Health problems linked with poor diet</li> <li>- Different food sources</li> </ul>
<b>Term 5</b>	Balanced Meals	<ul style="list-style-type: none"> <li>- Healthy cooking methods</li> <li>- Eat Well Plate</li> <li>- Cook different healthy balanced meals e.g. chicken pad thai with stir fried pak choi, cottage pie with steamed vegetables</li> </ul>
	Party Food	<ul style="list-style-type: none"> <li>- Sample different types of food e.g. Indian, Mexican</li> <li>- Plan a menu</li> </ul>
<b>Term 6</b>	Cooking on a Budget	<ul style="list-style-type: none"> <li>- Cost of ingredients</li> <li>- Batch cooking</li> <li>- Seasonal cooking</li> <li>- Budget recipes</li> </ul>
	Event Catering	<ul style="list-style-type: none"> <li>- Prepare and serve food for an event</li> </ul>

### Big Ideas:

NOCN Independent Living: Looking After Yourself and Your Home  
Eating a Balanced Diet

ASDAN Personal Progress  
Preparing Drinks and Snacks  
Planning and preparing food for an event

### Individual Need:

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

Students will complete all units relevant to their accreditation.