

Post 16 Long Term Plans Cooking

We offer 2 Cooking courses at post 16:

1. ASDAN FoodWise and practical cookery (Post 16 Main Pathway)

The FoodWise Short Course is ideal for students who are interested in cooking and enjoy learning in the classroom or in a kitchen setting. Because there are so many aspects to the course – such as cooking, budgeting skills, entertaining and working in the food industry – it will appeal to a wide range of individuals.

The FoodWise Short Course contains seven modules, each covering a different topic:





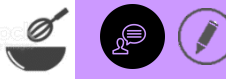

- Healthy eating
- Basic food safety
- Food preparation and presentation
- Cooking on a budget
- Entertaining
- The food industry
- Practical cooking skills

Learners gather evidence of their activities and skills development in a portfolio of evidence.

ASDAN certification is available for the FoodWise Short Course to reward learning across a choice of seven modules. Find out more about the FoodWise Short Course on our website: www.asdan.org.uk/foodwise-short-course

or contact Mrs Lewis: b.lewis@maplewell.leics.sch.uk and j.tarry@maplewell.leics.sch.uk

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Focus	Food safety and hygiene	Nutrition and healthy eating	Compare modern day food with food from 50 years ago.	Plan, make and present a 2 course healthy meal from scratch focusing on	How the Food industry works	Organise a fundraiser to raise money for a good cause.

	<p>Show correct procedures for washing up.</p> <p>Demonstrate that you know how to store different food safely</p> <p>Describe the advantages/disadvantages of different cooking methods</p> <p>Practical Cooking</p>	<p>Keep a food diary for one week</p> <p>Create a one week healthy meal plan for your family</p> <p>Create and make a healthy recipe for a popular food ingredient</p> <p>Seasonal baking: Diwali, halloween, Christmas</p>	<p>Plan and cook a healthy one pot meal</p> <p>Find out about traditional British food</p> <p>Practical cookery</p>	<p>following your recipe.</p> <p>Shopping trip to supermarket</p> <p>Practical cookery</p>	<p>Where ingredients are grown, reared or caught</p> <p>Practical cookery</p>	<p>Practical cookery</p>
Students will learn	<p>Learn the importance of Food hygiene and safety in the kitchen and demonstrate how to make breakfasts, snacks and drinks safely</p>	<p>Identify the importance of nutrition and the benefits to the body</p>	<p>How to keep to a budget when shopping and cooking.</p>	<p>Planning a 2 course meal for a special occasion</p>	<p>Visit to a food manufacturer to learn how the food industry operates</p>	<p>How to event plan, keep a budget tracker and organise team members with roles and responsibilities.</p>
Assessment	<p>Teacher assessment ASDAN Foodwise</p> 	<p>Teacher assessment ASDAN Foodwise</p> 	<p>Teacher assessment ASDAN Foodwise</p> 	<p>Teacher assessment ASDAN Foodwise</p> 	<p>Evaluation of trip ASDAN Foodwise</p> 	<p>Review and customer feedback</p> 

Students will be assessed on writing
combination of formal assessment and



verbal



feedback, Practical work and cooking skills through a
knowledge-based end of rotation 'knowledge checks'.

2. Cooking for Life and ASDAN Life-skills challenges Learning for Life Pathway 2024 - 5

Course title: Cooking for Life and ASDAN Life-skills Challenges

Pathway: Learning for Life

Exam board/spec: ASDAN

What will students study?

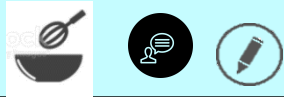
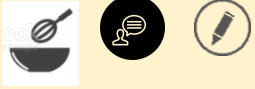




The ASDAN cooking course offers opportunities for Learners to develop a broad range of practical skills and knowledge about the world of food. It contributes cooking units to the Life-skills Challenges, an online bank of challenges learners can achieve from Working towards Entry Level to Levels 1 - 3.

Learning in this area covers customer service, food safety and hygiene, event planning and organisation.

In addition to this, the cooking option will also:

- Focus on teaching knowledge, skills and confidence to follow a recipe and enjoy cooking and baking at home for friends and family.
- Students will carry out practical work with some support and in small groups.
- To make a range of dishes including: breakfasts, snacks, lunches, dinner, cakes, desserts from scratch and some using ready-made components.
- Hot and cold drinks
- Develop an understanding of the importance of a healthy balanced diet.
- Planning and evaluation work.
- Develop understanding of special diets and allergies.
- How to shop for fresh, locally produced ingredients on a budget. Find out more: ASDAN <https://www.lifeskillschallenge.org.uk/>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Focus	Personal Hygiene and Safety in the kitchen	Family celebrations and cultures Halloween/ Diwali Seasonal baking Special diets	Healthy eating and lifestyle Eatwell Guide Nutrition Health Energy balance Budgeting and shopping	Food commodities Planting foods Food provenance and seasonal ingredients Becoming more independent to make a meal	Enterprise Fundraising for a good cause Team building Roles and responsibilities	British summer cooking and baking
Students will learn	<p>ASDAN life skills challenges:</p> <ul style="list-style-type: none"> ● Preparing a simple snack ● using kitchen measures ● Making a pizza ● storing food safely 	<p>Asdan life skills challenge:</p> <ul style="list-style-type: none"> ● Learning to cook ● Food hygiene when following a recipe ● Setting the table for lunch ● Experiencing a restaurant visit ● Exploring world foods ● Experiencing Diwali ● preparing buffet and party food 	<p>Asdan life skills challenge:</p> <ul style="list-style-type: none"> ● Understanding a balanced diet ● Healthy active lifestyle ● Shopping and money ● Cooking a healthy meal on a budget ● Sensory cooking ● Cleaning up in the kitchen 	<p>Asdan life skills challenge:</p> <ul style="list-style-type: none"> ● Cooking on a budget: Learners will be able to plan, cost out and cook a healthy 2 course meal for a group of young people using a budget of no more than 5.00 per person. 	<p>Asdan life skills challenge:</p> <ul style="list-style-type: none"> ● Customer service in a pop up cafe ● Baking cupcakes for enterprise challenge ● Garlic bread enterprise project ● Contributing to the planning and delivery of a fundraising event 	<p>Asdan life skills challenge:</p> <ul style="list-style-type: none"> ● Making a recipe book ● Make an oven baked cake ● Make a cake using a packet mix ● Seasonal home cooking skills in summer ● Making a sandwich for unexpected guests

						<ul style="list-style-type: none"> Making a mocktail or healthy smoothie
Assessment	<p>Teacher Assessment Working towards Entry level (WTE1) and Entry level 1 - 3 challenges</p> 	<p>Teacher Assessment Working towards Entry level (WTE1) and Entry level 1 - 3 challenges</p> 	<p>Teacher Assessment Working towards Entry level (WTE1) and Entry level 1 - 3 challenges</p> 	<p>Teacher Assessment Working towards Entry level (WTE1) and Entry level 1 - 3 challenges</p> 	<p>Teacher Assessment Review and customer feedback</p> 	<p>Teacher Assessment Working towards Entry level (WTE1) and Entry level 1 - 3 challenges</p> 

Students will be assessed on  formal assessment,  writing,  verbal feedback,  Practical work and cooking skills through a combination of

and knowledge-based end of rotation 'knowledge checks'.