



Learning Module:
Cooking and nutrition

Outcomes for Pupils as a result of this module

<u>Knowledge</u>	<u>National curriculum objectives</u>
<ul style="list-style-type: none"> • Use a wider range of ingredients according to their functional properties • Use a wider range of cooking utensils accurately • Investigate and analyse a range of existing products • understand and apply the principles of a healthy and varied diet 	<p style="text-align: center;">2D 2C 2E 2L</p>
<p><u>Skills</u></p> <ul style="list-style-type: none"> • Design a Greek menu applying knowledge from research about similar products or recipes • Plan using annotated sketches the food they will be producing • prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques 	<p style="text-align: center;">2A 2B 2M</p>
<p><u>Understanding</u></p> <ul style="list-style-type: none"> • Explain seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. • Evaluate their recipes using the feedback from others 	<p style="text-align: center;">2N 2F</p>