

**Curriculum Area: Food Year: 9
2015/2016**

Topics	Year Curriculum	How you can support learning at home, eg. Books, websites, family learning through visits.
<p>HOME COOKING SKILLS</p> <p>10 weeks</p>	<p>This course contributes to Foundation Learning provision. It focuses on giving young people the skills to prepare delicious and nutritious home-cooked food - using fresh ingredients - as well as an understanding of the value of passing on cooking knowledge. Students will learn how to choose fresh ingredients, recognise that home cooked food is better value for money, know how to read food labels ,have an awareness of the nutritional value of the food they are preparing and be aware of how to present food. It is aimed to give them the confidence to cook, help them to understand how to economise when cooking meals, use skills learned with a range of recipes and inspire others to cook. They have an end assignment and assessment to the course.</p>	<p>www.nhs.uk/livewell/5aday/pages/5adayhome.aspx</p> <p>www.food.gov.uk</p> <p>www.britishmeat.org.uk</p> <p>www.deliaonline.com/home</p> <p>www.childrenfoodfestival.co.uk</p> <p>www.nhs.uk/change4life</p> <p>Recipe books.</p> <p>Share shopping and preparation of foods with your children.</p> <p>Support their research activities for the module when sourcing a wide range of ingredients.</p>

