

# KS5 Learning Journey – Life Skills (Cooking)

## Maplefields Key Curriculum Drivers



**Term 6**

**Practical Cooking Skills**  
Cooking assessments, planning meals from scratch, allergy and nutritional needs, cooking outside the kitchen (BBQ etc)



**Term 5**

**Food Industry**  
Cooking as part of a team (Teamwork and working together), Catering kitchen roles and responsibilities



**Summer Term**



**Term 3**

**Cooking on a budget**  
Recipes on a budget, shopping for ingredients on a budget, cleaning down efficiently and safely



**Term 4**

**Entertaining – Cooking for others**  
Plan and cost nutritionally balanced meals, dietary requirements, cost considerations



**Spring Term**



**Term 2**

**Food Preparation, Equipment & Presentation**  
Food preparation methods, identify kitchen equipment, presentation of food, following a recipe through reading and writing

Nutrition Facts	
10 servings per container	
Serving size	2 Tbsp. (30ml)
Amount per serving	% Daily Value*
<b>Calories</b>	<b>100</b>
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Sodium</b> 4mg	2%
<b>Potassium</b> 75mg	9%
<b>Total Carbohydrate</b> 27g	9%
Dietary Fiber 0g	0%
Total Sugars 27g	0%
<b>Protein</b> 0g	0%
Calcium 1%	Iron 4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Term 1**

**Basic Food Safety / Nutrition**  
Hazards, storing food, food labels and nutrition, cooking basic meals, food groups, 5 a day in the diet



**KS5**