

Subject: Food & Hospitality

Golden Concept: Develop the Knowledge of Cooking Methods

Purpose of knowledge of cooking methods: Learning cooking methods helps individuals develop fundamental culinary skills, including knife skills, food preparation techniques, and cooking terminology. Understanding how different cooking techniques affect the taste and texture of ingredients allows cooks to create diverse and satisfying culinary experiences. Choosing appropriate cooking methods, such as steaming, roasting, or grilling, can help retain vitamins, minerals, and phytochemicals, promoting overall health and well-being. Adhering to recommended cooking temperatures and techniques reduces the risk of foodborne illnesses and promotes safe food handling practices in the kitchen. Certain cooking methods, such as stir-frying, steaming, and slow cooking, require minimal energy consumption and produce fewer greenhouse gas emissions compared to others.

Assessment:

Have individuals demonstrate their proficiency in specific cooking methods by preparing dishes in a controlled kitchen environment. Assign cooking tasks that require the application of different cooking techniques, such as sautéing, braising, grilling, baking, and steaming. Administer written exams or quizzes that test individuals' knowledge of cooking terminology, cooking principles, and the characteristics of various cooking methods. Assess the taste, texture, appearance, and overall quality of the dishes produced, considering factors such as flavour balance, doneness, and presentation.

Cross curriculum: Science: Explore the chemical reactions that occur during cooking processes, such as caramelization, Maillard reactions, and fermentation. Investigate the principles of heat transfer involved in cooking methods like baking, boiling, grilling, and sous vide. Examine the nutritional impact of different cooking methods on food composition, nutrient bioavailability, and dietary quality.

Mathematics: Apply mathematical concepts such as measurement, ratios, and conversions when following recipes, scaling ingredients, and adjusting serving sizes. Explore the mathematical relationships between ingredients in recipes, understanding how changes in proportions affect the final outcome. Calculate the cost per serving of recipes, estimate grocery expenses, and compare prices to optimize budgeting for meal preparation.

History/Geography: Examine the social, economic, and environmental factors shaping global food systems, including food production, distribution, and consumption patterns. Investigate the cultural significance of traditional dishes, cooking methods, and culinary practices from different regions and civilizations.

PSHE: Integrate nutrition education with cooking methods, emphasizing the importance of balanced diets, portion control, and mindful eating habits for overall health and well-being. Teach principles of food safety, kitchen sanitation, and safe cooking practices to prevent foodborne illnesses and promote safe food handling.

Key Stage 1 (Stages 1 and 2): *Introduction to Kitchen Safety and Hygiene: Safety, Hygiene and understanding hazards:*

Students learn about basic kitchen safety practices such as handling knives, using kitchen appliances, and avoiding burns. They are taught the importance of handwashing, proper food handling techniques, and sanitation practices to prevent foodborne illnesses. Students are educated about potential kitchen hazards such as hot surfaces, sharp objects, and electrical appliances, and how to appreciate these in a cautious and informed way. **Key Stage 2 (Stages 3,4,5 and 6): *Basic Culinary Skills: Measuring and Weighing, Knife Skills, Mixing and Combining Ingredients, Introduction & Use of Cooking Equipment:*** Students learn how to accurately measure and weigh ingredients using measuring cups, spoons, and kitchen scales. They develop basic knife skills such as chopping, slicing, dicing, and mincing under the guidance of a Teacher. Students practice mixing and combining ingredients to create simple recipes such as salads, dressings, and basic sauces. They become familiar with common cooking equipment such as stovetops, ovens, pots, pans, and utensils, and learn how to use them safely. **Key Stage 3 (Stages 7,8 and 9): *Understanding Ingredients and Basic Cooking Methods: Ingredient Identification, Introduction to Cooking Methods, Practical Application, Heat Control and Timing and Seasoning and Flavouring:*** Students learn to identify different types of ingredients such as fruits, vegetables, grains, proteins, and dairy products. They are introduced to basic cooking methods such as boiling, steaming, frying, baking, and grilling. Students practice applying basic cooking methods to prepare simple dishes such as boiled eggs, steamed vegetables, fried rice, baked potatoes, and grilled sandwiches. They learn about the importance of heat control and timing in cooking, including how to adjust cooking temperatures and times based on the type of food being prepared. Students learn about the role of seasonings, herbs, spices, and condiments in enhancing the flavour of dishes, and practice seasoning food to taste.