



Key Stage 3 Life Skills Developmental Framework

Our Life Skills Curriculum in Key Stage 3 is a combination of food technology, independent travelling skills and personal safety skills. The Intent of this curriculum is to develop the following key skills:

- Learn key skills in cooking healthy meals from fresh ingredients
- Learn how to use public transport
- Provide pupils with knowledge of personal safety, hygiene, nutrition and how to find sources of information
- Learn how to interact with a range of people in the community and in school to in a safe and appropriate manner
- Learn how to solve problems when out in the community and be able to identify people who can help them if needed.
- Develop an understanding of different occupations in the community.
- Develop tolerance, respect and understanding of different faiths.

The curriculum follows a three year rolling programme with pupils in Key Stage 3 working on the basic skills and understanding of food and cooking that will form the foundations for working towards the BTEC Level 1 Award in Home Cooking skills in Key Stage 4 and Level 2 award in Post 16.

Cycle One					
Autumn Term					
Food Hygiene and Safety in the Kitchen Online Safety			Planning a Visit		
Encountering	Developing	Enhancing	Encountering	Developing	Enhancing

<ul style="list-style-type: none"> • Pupils will recognise and understand the health and safety signs in a kitchen eg hot water, hazard • Pupils will be able to follow a sequence of hygiene when in the kitchen with adult support eg hair tied back, apron on, wash hands. • Pupils will understand the importance of washing fruit before cooking or eating them. Pupils will learn where fruit comes from and 	<ul style="list-style-type: none"> • Pupils will understand the importance of personal hygiene when cooking. • Pupils will learn the sequence of hygiene in the kitchen before cooking. • Pupils will learn the rules of cooking in a kitchen eg no 	<ul style="list-style-type: none"> • Pupils will be able to chop and slice independently and safely. • Pupils will be able to follow all kitchen hygiene routines safely and independently. • Pupils will be able to describe why certain hygiene routines are followed. 	<ul style="list-style-type: none"> • Pupils will learn how to stay safe when out in the community by staying with an adult. • Pupils will be able to use their chosen method of communication in a range of different contexts. 	<ul style="list-style-type: none"> • Pupils will learn how to plan a journey by identifying the length of the journey and what time they would like to arrive and leave. • Pupils will look at maps and plans of Otley and identify the risks associated with visiting there eg the river, around the town, the weather • Pupils will learn and 	<ul style="list-style-type: none"> • Pupils will be able to plan a visit independently ensuring their safety at all times. • Pupils will be able to walk around an unfamiliar town, find their chosen destination and return to the agreed point at an agreed time.
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<p>will begin to match the fruit with it's plant.</p> <ul style="list-style-type: none"> • Pupils will begin to use a butter knife to chop soft food for a fruit salad eg a banana, strawberries. • Pupils will learn the rules of cooking in a kitchen eg no running, no shouting 	<p>running, no shouting</p> <ul style="list-style-type: none"> • Pupils will be able to identify the different utensils that are used in a kitchen and what they are used for. • Pupils will understand the importance of being clean and organised in the kitchen. 			<p>practise how to interact with the public safely and politely.</p> <ul style="list-style-type: none"> • Pupils will be able to cross the road safely. • Pupils will be able to ask for a ticket to use public transport. 	
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	<ul style="list-style-type: none">• Pupils will learn how to slice and chop safely.• Pupils will research and explore fruits from different cultures, tasting them to decide whether they would like them in their fruit salad.• Pupils will be able to design a healthy fruit salad,				
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	<p>choose the ingredients and create.</p> <ul style="list-style-type: none">• Pupils will be able to evaluate their designs and products based on a given set of criteria.• Pupils will learn the importance of cleaning the kitchen after use and washing, drying and putting				
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	<p>away all equipment.</p> <ul style="list-style-type: none">• Pupils will understand what is meant by online safety and the importance of privacy settings when playing or communicating online.• Pupils will understand the risks of communicating with people they don't know				
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	<p>online and they will learn how to prevent those risks from becoming dangerous.</p> <ul style="list-style-type: none">• Pupils will learn how to recognise when something isn't safe and they will learn where to go to seek advice if they think something is not safe.				
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Spring 1			Spring 2		
Frying and Steaming			Designing and Making a Healthy Breakfast/ Visit to Ikley and the River		
Encountering	Developing	Enhancing	Encountering	Developing	Enhancing
<ul style="list-style-type: none"> • Pupils will practise following hygiene routines in the kitchen independently. • Pupils will practise slicing food with adult support. • Pupils will learn to boil and fry an egg. • Pupils will understand 	<ul style="list-style-type: none"> • Pupils will understand the differences between the two techniques and the health benefits of steaming a vegetable over frying it. • Pupils will experiment with a range of vegetables to decide 	<ul style="list-style-type: none"> • Pupils will be able to use a hob safely and will be able to select ingredients to put in a stir fry. • Pupils will be able to describe the health benefits of steaming vegetables. 	<ul style="list-style-type: none"> • Pupils will learn how to be safe in the community. • Pupils will learn how to communicate in their chosen manner in a range of different contexts. • Pupils will understand that water can be dangerous 	<ul style="list-style-type: none"> • Pupils will investigate the ingredients used in the common breakfast products they may eat. • Pupils will learn to compare ingredients, particularly fats and sugars when looking at food products. 	<ul style="list-style-type: none"> • Pupils will be able to plan a visit independently ensuring their safety at all times. • Pupils will be able to walk around an unfamiliar town, find their chosen destination and return to the agreed point at an agreed time. • Pupils will be able to independently make a breakfast menu, selecting the appropriate ingredients and creating a varied

<p>the difference between steaming and frying. Pupils will learn to use a job with adult support.</p> <ul style="list-style-type: none"> • Pupils will be able to cook a stir fry with adult support. • 	<p>whether they prefer them fried or steamed and if any cook better using one method over the other.</p> <ul style="list-style-type: none"> • Pupils will be able to safely use a hob, understanding how to turn the heat to low and high and when this is necessary. • Pupils will understand the importance 		<p>and not to go in a river.</p> <ul style="list-style-type: none"> • Pupils will explore different breakfast types and with help, order them into healthy and unhealthy. • Pupils will be able to make porridge with support. • Pupils will learn, that it is important to follow a recipe and weigh ingredients. 	<ul style="list-style-type: none"> • Pupils will research different breakfast menus through their visit to Ilkley. • Pupils will plan their journey, taking into account the time they need to leave and return. • Pupils will understand why they should not go into rivers and the dangers of cold 	<p>breakfast for a friend over the course of three days.</p> <ul style="list-style-type: none"> • Pupils will be able to prepare the kitchen for cooking, wash and dry and put things away and clean all surfaces independently.
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	<p>of always watching your food when cooking on a hob and the risks of walking away from a hob when it is on.</p> <ul style="list-style-type: none"> • Pupils will continue to practise slicing techniques and will begin to understand the appropriate size for chopping certain vegetables. 			<p>water on the body.</p> <ul style="list-style-type: none"> • Pupils will learn how to move around a town using maps and signs to find where they need to go. • Pupils will identify where breakfast foods come from and order the healthiest to the unhealthiest. • Pupils will learn how to make porridge and the 	
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	<ul style="list-style-type: none"> • Pupils will learn the importance of using oven gloves when touching hot items. • Pupils will learn to cook a stir fry following a recipe and selecting the appropriate ingredients. • 			<p>different toppings they could have with it.</p> <ul style="list-style-type: none"> • Pupils will learn how to measure ingredients and how to follow a recipe or directions. • Pupils will learn how to fry, poach and boil an egg. • Pupils will use what they have learnt to design a healthy breakfast over a series of days. 	
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				<ul style="list-style-type: none"> Pupils will be able to cross the road safely. 	
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Summer 1			Summer 2		
Boiling and mashing			Cooking with Eggs/ Visiting a Mosque		
Encountering	Developing	Enhancing	Encountering	Developing	Enhancing
<ul style="list-style-type: none"> Pupils will use a hob with support. Pupils will boil a range of vegetables and taste them and say whether they like or 	<ul style="list-style-type: none"> Pupils will practise using the hob and being able to turn it up and down according to the level of heat required. Pupils will boiling a number of 	<ul style="list-style-type: none"> Pupils will be able to independently make a soup by following a recipe, selecting the appropriate ingredients and preparing them. Pupils will be able to 	<ul style="list-style-type: none"> Pupils will use a hob with support. Pupils will be able to fry an egg with support. Pupils will be able to adjust heat on a hob 	<ul style="list-style-type: none"> Pupils will understand the nutritional value of eggs. Pupils will learn how to boil and poach an egg. Pupils will learn how to fry an egg. 	<ul style="list-style-type: none"> Pupils will be able to independently make a meal with eggs selecting the appropriate ingredients Pupils will be able to prepare the kitchen for cooking, wash and dry and put things away and clean all surfaces independently.

<p>dislike them.</p> <ul style="list-style-type: none"> • Pupils will practise mashing potatoes and taste them. • Pupils will be able to follow a recipe to make a soup with support. • With help, pupils will cut and chop vegetables and begin to peel potatoes. 	<p>different vegetables for different lengths of time to find out how long they should boil each one for to achieve the appropriate consistency and to ensure there is still goodness in the vegetables.</p> <ul style="list-style-type: none"> • Pupils will learn how to mash vegetables. 	<p>prepare the kitchen for cooking, wash and dry and put things away and clean all surfaces independently.</p> <ul style="list-style-type: none"> • 	<p>with support.</p> <ul style="list-style-type: none"> • Pupils will be able to poach an egg with support. • Pupils will be able to fry an egg with support. • Pupils will be able to follow a recipe, with symbols to enable them to make an omelette with support. • Pupils will be able to use their preferred 	<ul style="list-style-type: none"> • Pupils will practise adjusting the temperature of a hob as needed. • Pupils will be able to mix milk and eggs to make scrambled eggs. • Pupils will be able to follow a recipe when making a basic omelette. • Pupils will explore the different ingredients that can be 	<ul style="list-style-type: none"> •
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	<ul style="list-style-type: none"> • Pupils will learn to make a soup following a recipe and selecting the appropriate ingredients. • Pupils will practise skills in peeling, cutting and chopping. 		<p>method of communication in a range of contexts.</p> <ul style="list-style-type: none"> • Pupils will be able to stay with an adult when in the local community. 	<p>used for an omelette filling and order them in terms of nutritional value.</p> <ul style="list-style-type: none"> • Pupils will be able to conduct themselves safely in the kitchen. • Pupils will be able to tidy up and put away the equipment after they have used it. • Pupils will practise crossing a road safely. 	
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				<ul style="list-style-type: none"> • Pupils will be able to communicate with trusted adults in the community. • 	
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Cycle Two					
Autumn 1			Autumn 2		
Food Hygiene and Safety in the Kitchen			Planning a visit: Leeds; Making Bread		
Encountering	Developing	Enhancing	Encountering	Developing	Enhancing
<ul style="list-style-type: none"> • Pupils will recognise and understand the health and safety signs in a kitchen eg 	<ul style="list-style-type: none"> • Pupils will understand the importance of personal hygiene 	<ul style="list-style-type: none"> • Pupils will be able to follow all kitchen hygiene routines safely and independently. 	<ul style="list-style-type: none"> • Pupils will learn how to stay safe when out in the community by staying 	<ul style="list-style-type: none"> • Pupils will learn how to plan a journey by identifying the length of the journey and what 	<ul style="list-style-type: none"> • Pupils will be able to plan a visit independently ensuring their safety at all times. • Pupils will be able to walk around an unfamiliar town,

<p>hot water, hazard</p> <ul style="list-style-type: none"> • Pupils will be able to follow a sequence of hygiene when in the kitchen with adult support eg hair tied back, apron on, wash hands. • Pupils will understand the importance of washing fruit and vegetables Pupils will 	<p>when cooking.</p> <ul style="list-style-type: none"> • Pupils will learn the sequence of hygiene in the kitchen before cooking. • Pupils will learn the rules of cooking in a kitchen eg no running, no shouting • Pupils will be able to identify the 	<ul style="list-style-type: none"> • Pupils will be able to describe why certain hygiene routines are followed. • Pupils will be able to describe the healthiest way of cooking an egg and why that is. 	<p>with an adult.</p> <ul style="list-style-type: none"> • Pupils will be able to use their chosen method of communication in a range of different contexts. • Pupils will learn how to show their ticket to a bus driver and where to sit on a bus. • Pupils will be able to cross the road safely. • Pupils will explore 	<p>time they would like to arrive and leave.</p> <ul style="list-style-type: none"> • Pupils will look at maps and plans of Leeds and identify the risks associated with visiting there eg the size, around the town, the weather, the traffic • Pupils will learn and practise how to interact with the public safely and politely. 	<p>find their chosen destination and return to the agreed point at an agreed time.</p> <ul style="list-style-type: none"> • Pupils will be able to independently follow a recipe to make different breads. • Pupils will independently be able to use an oven and bake bread for the specified time.
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<p>learn the rules of cooking in a kitchen eg no running, no shouting</p> <ul style="list-style-type: none"> • Pupils will learn how to set a timer when boiling an egg. • Pupils will learn how to fry, poach and scramble eggs. 	<p>different utensils that are used in a kitchen and what they are used for.</p> <ul style="list-style-type: none"> • Pupils will understand the importance of being clean and organised in the kitchen. • Pupils will learn how to follow a recipe to make smoothies. 		<p>bread dough through kneading, rolling and moulding it.</p> <ul style="list-style-type: none"> • Pupils will be able to make bread dough with support. • Pupils will be able to use an oven with support. 	<ul style="list-style-type: none"> • Pupils will be able to cross the road safely. • Pupils will learn how to buy a bus ticket and show it to the driver. • Pupils will learn where to sit on a bus and how to conduct themselves so that they are safe and polite and considerate of others. • Pupils will research the cost of different breads and 	
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	<ul style="list-style-type: none"> • Pupils will learn the importance of cleaning the kitchen after use and washing, drying and putting away all equipment . • Pupils will understand what is meant by online safety and 			<p>bread brands.</p> <ul style="list-style-type: none"> • Pupils will identify certain breads that traditionally accompany specific dishes. • Pupils will develop the technique of rolling and kneading dough. • Pupils will practise the techniques of mixing and shaping. • Pupils will follow recipes for making 	
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	<p>the importance of privacy settings when playing or communicating online.</p> <ul style="list-style-type: none"> • Pupils will understand the risks of communicating with people they don't know online and they will learn how to prevent 			<p>bread (see BTEC resources), selecting and weighing the appropriate ingredients.</p> <ul style="list-style-type: none"> • Pupils will identify ways in which cooking with fresh ingredients is shared with others. 	
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	<p>those risks from becoming dangerous</p> <ul style="list-style-type: none"> • Pupils will learn how to recognise when something isn't safe and they will learn where to go to seek advice if they think something is not safe. 				
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Spring 1	Spring 2
Making Soups	Designing and Making a Healthy Lunch/ Visiting a Sculpture

			Park		
Encountering	Developing	Enhancing	Encountering	Developing	Enhancing
<ul style="list-style-type: none"> • Pupils will recognise and understand the health and safety signs in a kitchen eg hot water, hazard • Pupils will be able to follow a sequence of hygiene when in the kitchen with adult support eg hair tied back, apron on, 	<ul style="list-style-type: none"> • Pupils will understand the importance of personal hygiene when cooking. • Pupils will learn the sequence of hygiene in the kitchen before cooking. • Pupils will develop skills in 	<ul style="list-style-type: none"> • Pupils will be able to chop and slice independently and safely. • Pupils will be able to follow all kitchen hygiene routines safely and independently. • Pupils will be able to describe why certain hygiene routines are followed. 	<ul style="list-style-type: none"> • Pupils will continue to follow hygiene rules in the kitchen. • Pupils will practise chopping, slicing and grating with support. • Pupils will be able to follow a simple recipe to make an omelette. 	<ul style="list-style-type: none"> • Pupils will consider the dishes they have made so far and identify any dishes that would be good lunches eg a soup. • Pupils will follow a recipe to learn how to make an omelette with different fillings. 	<ul style="list-style-type: none"> • Pupils will be able to follow all kitchen hygiene routines safely and independently. • Pupils will be able to describe why certain hygiene routines are followed. • Pupils will be able to describe the healthiest lunch and give reasons for their ideas. • Pupils will be able to ask for help in a clear manner. • Pupils will be able to monitor the time and ensure

<p>wash hands.</p> <ul style="list-style-type: none"> • .Pupils will learn the rules of cooking in a kitchen eg no running, no shouting • Pupils will be able to follow a recipe for making soup. 	<p>slicing and chopping safely.</p> <ul style="list-style-type: none"> • Pupils will research and explore different variations of soup. • Pupils will follow a recipe for making soups. • Pupils will learn the importance of cleaning the kitchen after use 		<ul style="list-style-type: none"> • Pupils will follow a simple recipe to make a soup. • Pupils will link where vegetables come from with their plant. • Pupils will be able to use their preferred method of communication in different contexts. • Pupils will be able to 	<ul style="list-style-type: none"> • Pupils will be able to practise using the hob and turning the heat up and down as needed. • Pupils will learn how to bake a potato and will research the different fillings they could have in a baked potato. • Pupils will evaluate which fillings they prefer. 	<p>they meet at an agreed place at the correct time.</p>
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	<p>and washing, drying and putting away all equipment</p>		<p>use signs in public to find amenities such as the toilet, cafe.</p>	<ul style="list-style-type: none"> ● Pupils will follow a recipe to make a soup of their choice. ● Pupils will practise chopping, slicing and grating. ● Pupils will continue to learn the importance of tidying up after cooking has finished and ensuring all surfaces are clean. 	
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				<ul style="list-style-type: none">• Pupils will begin to learn how different foods should be kept separate in the fridge and why this is.• Pupils will be able to walk across a car park safely.• Pupils will be able to order drinks in a cafe• Pupils will be able to ask for help from a trusted adult	
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				<ul style="list-style-type: none"> • Pupils will practise behaving in a socially appropriate way in a public space eg talking with calm voices, using manners • Pupils will understand the importance of checking the time when they are on a visit. 	
Summer 1				Summer 2	

Using the Grill			Baking/ Visiting a farm		
Encountering	Developing	Enhancing	Encountering	Developing	Enhancing
<ul style="list-style-type: none"> • Pupils will do all of the below with enhanced adult support: • Pupils will learn how to use a grill and how to turn the heat up and down. • Pupils will practise using oven gloves 	<ul style="list-style-type: none"> • Pupils will learn how to use a grill and how to turn the heat up and down. • Pupils will practise using oven gloves when using hot things. Pupils will learn how to make cheese on toast. 	<ul style="list-style-type: none"> • Pupils will be able to use a grill independently and safely. • Pupils will be able to organise their ingredients and utensils independently. • Pupils will independently select the ingredient they need and follow a recipe. • Pupils will tidy up after cooking and 	<ul style="list-style-type: none"> • Pupils will do all of the below with enhanced adult support: • Pupils will be able to follow recipes to bake bread. • Pupils will follow recipes to bake small cakes. • Pupils will follow a recipe and choose ingredients for making flapjacks. 	<ul style="list-style-type: none"> • Pupils will be able to follow recipes to bake bread. • Pupils will learn how to use an oven safely and how to turn the heat up and down. • Pupils will follow recipes to bake small cakes. 	<ul style="list-style-type: none"> • Pupils will be able to use an oven independently and safely. • Pupils will be able to organise their ingredients and utensils independently. • Pupils will independently select the ingredient they need and follow a recipe. • Pupils will tidy up after cooking and explain the importance of cleaning all work surfaces.

<p>when using hot things. Pupils will learn how to make cheese on toast.</p> <ul style="list-style-type: none"> • Pupils will learn how to grill sausages and how to know when sausages are cooked. 	<ul style="list-style-type: none"> • Pupils will learn how to grill sausages and how to know when sausages are cooked. • Pupils will follow a recipe in how to make a frittata. 	<p>explain the importance of cleaning all work surfaces.</p>	<ul style="list-style-type: none"> • Pupils will be able to follow a recipe and bake a pizza, choosing their own healthy topping • Pupils will be able to use their preferred method of communication in a range of contexts. • Pupils will understand the importance of staying with an adult when they are in a new place. 	<ul style="list-style-type: none"> • Pupils will follow a recipe and choose ingredients for making flapjacks. • Pupils will be able to follow a recipe and bake a pizza, choosing their own healthy toppings. • Pupils will be able to identify different occupations 	<ul style="list-style-type: none"> • Pupils will consider the skills and experience needed for different occupations on a farm. • Pupils will be able to pay for items in a shop and calculate the change needed. • Pupils will be able to monitor the time and meet at an agreed point at the right time.
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			<ul style="list-style-type: none"> • Pupils will practise exchanging money for items in a shop. 	<p>s within a farm.</p> <ul style="list-style-type: none"> • Pupils will learn how to behave when they are in the community • Pupils will be able to ask a trusted adult for help. • Pupils will practise paying for items in a shop. 	
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Cycle Three	
Autumn 1	Autumn 2

Food Hygiene and Kitchen Skills Making a Healthy Lunch			Cooking with Seasonal Vegetables/ Visiting the Local Community		
Encountering	Developing	Enhancing	Encountering	Developing	Enhancing
<ul style="list-style-type: none"> • Pupils will recognise and understand the health and safety signs in a kitchen eg hot water, hazard • Pupils will be able to follow a sequence of hygiene when in the kitchen with adult support eg hair tied 	<ul style="list-style-type: none"> • Pupils will understand the importance of personal hygiene when cooking. • Pupils will learn the sequence of hygiene in the kitchen before cooking. • Pupils will learn the 	<ul style="list-style-type: none"> • Pupils will be able to chop and slice independently and safely. • Pupils will be able to follow all kitchen hygiene routines safely and independently. • Pupils will be able to describe why certain hygiene routines are followed. 	<ul style="list-style-type: none"> • Pupils will be able to identify fruit and vegetables in a supermarket using symbols for support. • Pupils will understand that we have to give money in exchange for something in a shop. • Pupils will cook 	<ul style="list-style-type: none"> • Pupils will understand what we mean by seasonal vegetables. • Pupils will understand the economic and environmental reasons why we would choose to eat with 	<ul style="list-style-type: none"> • Pupils will be able to follow personal hygiene and kitchen hygiene rules in the kitchen independently. • Pupils will be able to buy seasonal fruit and vegetables from a shop independently and cook them safely.

<p>back, apron on, wash hands.</p> <ul style="list-style-type: none"> • Pupils will begin to use a knife to chop soft food • Pupils will learn the rules of cooking in a kitchen eg no running, no shouting • Pupils will be able to chop and grate food with support. 	<p>rules of cooking in a kitchen eg no running, no shouting</p> <ul style="list-style-type: none"> • Pupils will be able to identify the different utensils that are used in a kitchen and what they are used for. • Pupils will understand the importance 		<p>vegetables in different ways and taste, stating whether they like or dislike something.</p> <ul style="list-style-type: none"> • Pupils will be able to use a hob and oven with support. • Pupils will be able to chop, slice and grate with enhanced support. 	<p>seasonal vegetables.</p> <ul style="list-style-type: none"> • Pupils will be able to find seasonal fruit and vegetables in a shop and pay for them. • Pupils will learn how to compare the cost of food produce in a shop. • Pupils will practise different ways of cooking 	
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<ul style="list-style-type: none"> • Pupils will follow a recipe for salads and soups with support. 	<p>e of being clean and organised in the kitchen.</p> <ul style="list-style-type: none"> • Pupils will identify dishes that could be eaten as a light lunch. • Pupils will follow recipes to make different types of salad and soups. • Pupils will practise using the 			<p>vegetables and evaluate which they prefer and which is the healthiest.</p> <ul style="list-style-type: none"> • Pupils will practise using the hob and oven for cooking and understand the importance of checking on food whilst it is cooking. 	
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	<p>hob safely and understand the importance of never walking away from food that is cooking.</p> <ul style="list-style-type: none">• Pupils will learn how to slice, grate and chop safely.• Pupils will research and explore fruit and vegetables from			<ul style="list-style-type: none">• Pupils will learn never to walk away from anything frying in a pan due to the risk of fire.	
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	<p>different cultures, tasting them to decide whether they would like them as part of their lunch.</p> <ul style="list-style-type: none">• Pupils will be able to design a healthy lunch, choose the ingredients and create.				
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	<ul style="list-style-type: none">• Pupils will be able to evaluate their designs and products based on a given set of criteria.• Pupils will learn the importance of cleaning the kitchen after use and washing, drying and				
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	<p>putting away all equipment</p> <p>.</p> <ul style="list-style-type: none">• Pupils will understand what is meant by online safety and the importance of privacy settings when playing or communicating online.• Pupils will understand the risks				
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	<p>of communicating with people they don't know online and they will learn how to prevent those risks from becoming dangerous .</p> <ul style="list-style-type: none">• Pupils will learn how to recognise when something isn't safe and they				
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	will learn where to go to seek advice if they think something is not safe.				
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Spring 1			Spring 2		
Mashing, Mixing and Baking			Healthy Desserts/ Visit to Abbey House Museum		
Encountering	Developing	Enhancing	Encountering	Developing	Enhancing
<ul style="list-style-type: none"> Pupils will continue to practise personal hygiene routines in the kitchen and learn the importance of 	<ul style="list-style-type: none"> Pupils will continue to practise personal hygiene routines in the kitchen and learn the 	<ul style="list-style-type: none"> Pupils will be able to follow recipes to bake a range of cakes independently. They will be able to explain the 	<ul style="list-style-type: none"> Using pictures and taste tests, Pupils will identify desserts that they enjoy Pupils will identify fruit 	<ul style="list-style-type: none"> Pupils will identify desserts that they enjoy and analyse the nutritional value of each. 	<ul style="list-style-type: none"> Pupils will be able to follow recipes to make a range of desserts independently. They will be able to explain the purpose of different utensils and they will be able to follow kitchen hygiene rules independently.

<p>organisation when cooking.</p> <ul style="list-style-type: none"> • With enhanced support, pupils will learn to wash, dry and put away items after use and clean all surfaces. • With enhanced support, pupils will practise mashing vegetables and mixing ingredients to make a sauce. • With enhanced support and visual prompts, pupils will follow a recipe to bake 	<p>importance of organisation when cooking.</p> <ul style="list-style-type: none"> • Pupils will learn to wash, dry and put away items after use and clean all surfaces. • Pupils will practise mashing vegetables and mixing ingredients 	<p>purpose of different utensils and they will be able to follow kitchen hygiene rules independently.</p> <ul style="list-style-type: none"> • Pupils will understand the nutritional values of each of the products they make. 	<p>and match it to its plant.</p> <ul style="list-style-type: none"> • With enhanced support and symbols, pupils will follow a recipe to make a healthy dessert eg fruit crumble, fruit pie, Eton mess • With enhanced support, pupils will practise their mixing, measuring and slicing skills. 	<ul style="list-style-type: none"> • Pupils will research different deserts and organise them into healthy and unhealthy. • Pupils will follow a recipe to make a healthy dessert eg fruit crumble, fruit pie, Eton mess • Pupils will practise their mixing, measuring 	<ul style="list-style-type: none"> • Pupils will understand the nutritional values of each of the products they make. • Pupils will be able to pay for items in a shop and calculate change.
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<p>a sandwich cake, banana bread and fruit loaf.</p> <ul style="list-style-type: none"> • Pupils will practise using different utensils for different things eg a wooden spoon, a masher, a whisk and a sieve. • 	<p>s to make a sauce.</p> <ul style="list-style-type: none"> • Pupils will follow a recipe to bake a sandwich cake, banana bread and fruit loaf. • Pupils will practise using different utensils for different things eg a wooden spoon, a masher, a 		<ul style="list-style-type: none"> • Pupils will practise using the oven and hob safely with enhanced support. • Pupils will state whether they like/ dislike the desserts they have made. • Pupils will be able to use their preferred method of communication in a range of contexts. 	<p>and slicing skills.</p> <ul style="list-style-type: none"> • Pupils will practise using the oven and hob safely. • Pupils will evaluate their dishes after cooking, stating how they think they could improve them next time. • Pupils will be able to ask for help in the community. Pupils 	
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	<p>whisk and a sieve.</p> <ul style="list-style-type: none"> • Pupils will begin to explain why they use certain utensils for certain types of cooking. 		<ul style="list-style-type: none"> • Pupils will practise exchanging money for items in a shop or cafe. • Pupils will practise asking for an item in a cafe. • Pupils will learn to walk along a pavement. • Pupils will learn the importance of looking and listening for cars before crossing the road. • Pupils will understand 	<p>will learn to cross the road safely.</p> <ul style="list-style-type: none"> • Pupils will practise walking safely along a pavement. • Pupils will practise asking for items in a shop or cafe and paying for them, then calculating change. 	
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			<p>why it is important to stay with a trusted adult when they are in the community.</p>		
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Summer 1			Summer 2		
Planning an Educational Visit; Baking Cakes			Cooking with Meat		
Encountering	Developing	Enhancing	Encountering	Developing	Enhancing
<ul style="list-style-type: none"> • Pupils will learn how to stay safe when out in the community by staying with an adult. • Pupils will be able to use their chosen method of communication in a range of different contexts. 	<ul style="list-style-type: none"> • Pupils will learn how to plan a journey by identifying the length of the journey and what time they would like 	<ul style="list-style-type: none"> • Pupils will be able to plan a visit independently ensuring their safety at all times. • Pupils will be able to walk around an unfamiliar town, find 	<ul style="list-style-type: none"> • Pupils will begin to understand that different surfaces/ boards are used for meat and vegetables. • Pupils will understand 	<ul style="list-style-type: none"> • Pupils will understand the importance of preparing meat on a different surface/ chopping board to vegetables. • Pupils will learn the importance of washing their hands before 	<ul style="list-style-type: none"> • Pupils will be able to prepare and store meat safely and independently. • Pupils will be able to explain why we store meat separately and what happens if meat is undercooked. • Pupils will be able to follow a recipe

<ul style="list-style-type: none"> • Pupils will identify the key features of a city. • Pupils will be able to measure ingredients with support. • Pupils will be able to use an oven with support. • Pupils will use the appropriate equipment for making fairy cakes and biscuits. • Pupils will follow a simple recipe, with support and with symbols when making biscuits. • Pupils will be able to fetch a required piece of 	<p>to arrive and leave.</p> <ul style="list-style-type: none"> • Pupils will look at maps and plans of Liverpool and identify the risks associated with visiting there eg the size, around the town, the weather, the traffic, the river • Pupils will identify the places they want to visit in Liverpool, 	<p>their chosen destination and return to the agreed point at an agreed time.</p> <ul style="list-style-type: none"> • Pupils will independently be able to follow a recipe, bake cakes and biscuits and tidy up after being in the kitchen. 	<p>that they must wash their hands before and after preparing meat.</p> <ul style="list-style-type: none"> • With enhanced support, Pupils will practise their chopping and mixing skills • Pupils will practise using a hob and oven. • Pupils will follow a recipe to make spaghetti bolognese, 	<p>and after preparing meat.</p> <ul style="list-style-type: none"> • Pupils will be able to identify when they know meat has been cooked and the risks of undercooking meat. • Pupils will learn how to store raw meat and cooked meat. • Pupils will practise their chopping and mixing skills • Pupils will practise using a hob and oven. • Pupils will follow a recipe to make spaghetti bolognese, 	<p>independently and use the oven and hob independently.</p> <ul style="list-style-type: none"> • Pupils will use alternatives to meat when cooking and be able to explain the differences in taste and nutritional value of both. • Pupils will be able to evaluate their dishes after cooking them and make suggestions of improvements for next time. • Pupils will be able to make notes of the herbs and spices used and which they prefer in which dishes.
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<p>equipment or an ingredient with prompts.</p>	<p>including the International Slave museum and the 'Contributions' exhibition. Pupils will learn and practise how to interact with the public safely and politely.</p> <ul style="list-style-type: none"> • Pupils will learn how to conduct themselves so that they are safe and polite and 		<p>meatballs and burgers.</p>	<p>meatballs and burgers.</p> <ul style="list-style-type: none"> • Pupils will begin to learn how herbs and spaces can change the taste of a meal. • Pupils will learn and cook with meat alternatives and analyse the nutritional values of both. • 	
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	<p>considerate of others.</p> <ul style="list-style-type: none">• Pupils will be able to cross the road safely.• Pupils will be able to organise their ingredients before baking.• Pupils will follow a simple recipe when baking fairy cakes and biscuits.• Pupils will be able to measure				
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	<p>ingredients accurately.</p> <ul style="list-style-type: none">• Pupils will be able to use kitchen equipment safely.• Pupils will be able to evaluate their products, stating which product they like best and why.• Pupils will begin to make suggestions around how they can improve				
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	<p>their product.</p> <ul style="list-style-type: none">• Pupils will be able to wash and dry the equipment they have used and put it away in the correct place in the kitchen.				
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