

Post 16 Life Skills Developmental Framework

Our Life Skills Curriculum in Post 16 is a combination of food technology, independent travelling skills, independent living skills and personal safety skills. The Intent of this curriculum is to develop the following key skills:

- Learn the key skills needed in cooking healthy meals from fresh ingredients
- Learn how to use public transport safely
- Provide pupils with the knowledge and skills required for personal safety, hygiene, nutrition and research.
- Learn how to interact with a range of people in the community and in school 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 tolerance, respect and understanding of different faiths.

The curriculum follows a three year rolling programme with pupils in Post 16 developing cooking and food preparation skills. Pupils will be working towards achieving BTEC Home Cooking Skills Level 1 or 2 or achieving AQA Unit Awards ‘Cooking and Nutrition Unit 6 Healthy Snacks’, ‘Cooking Skills , Frying’ and ‘Introduction to Cooking’, ‘Using an Iron and Ironing board’, ‘Looking after a Home: Cleaning and Washing’, ‘Independent Travel and visiting Unit 2: Planning a Journey’, ‘Safety When Using Public Transport with Support’, ‘Crossing the Road with Support’ and ‘Travelling Independently’.

Cycle One					
Autumn Term 1			Autumn Term 2		
Cooking	Independent Living	Travelling	Cooking	Looking After the Home	Travelling
Healthy Meals	Ironing and washing	Planning visits to the local area involving walking, taking the	Making Healthy Breakfasts	Reading energy meters and setting the table	Planning visits to the local area involving walking, taking the bus and train.

		bus and train.			
<p>Pupils will identify what is meant by a healthy meal.</p> <p>Pupils will be able to sort dishes into healthy and unhealthy.</p> <p>Pupils will be able to research the types of meals that could be eaten during a healthy two course meal.</p> <p>Pupils will learn to plan the timings for cooking a two course meal.</p> <p>Pupils will be able to organise dishes into starter, main course and pudding.</p> <p>Pupils will develop their skills in following a recipe and cooking soups.</p>	<p>Pupils will learn to recognise the difference between ironed and unironed items of clothing.</p> <p>Pupils will be able to identify times when ironing clothing is important eg when wanting to look smart.</p> <p>Pupils will learn how to plug in an iron and will learn the risks of touching a hot iron.</p> <p>Pupils will learn what to do if they are burnt.</p> <p>Pupils will learn to read clothing labels to identify the temperature of an</p>	<p>Pupils will learn to use bus and train timetables.</p> <p>Pupils will practise their skills in planning a journey, taking into account the time they have to arrive by and journey time.</p> <p>Pupils will learn how to buy tickets for the bus and train and where to sit when embarking a bus or train.</p> <p>Pupils will develop their social interaction skills within a range of contexts.</p> <p>Pupils will learn how to interact with members of the public and how to keep themselves safe when in the community.</p> <p>Pupils will learn to cross a road safely.</p>	<p>Pupils will analyse different breakfasts and identify the nutritional value of each (see resources in BTEC Home Cooking).</p> <p>Pupils will be able to read labels on food to identify the nutritional value of foods.</p> <p>Following visits to the supermarket, pupils will be able to consider ways in which they could make a breakfast cheaper eg type of bread, type of butter, topping, brand of food.</p> <p>Pupils will develop skills in toasting, baking, stirring, frying, slicing, blending.</p> <p>Pupils will be able to identify the nutritional</p>	<p>Pupils will learn how to set a table for two guests eating one course.</p> <p>Pupils will be able to consider the cutlery required for the dish that the guests are eating.</p> <p>Pupils will learn that gas and electricity usage is measured using meters.</p> <p>Pupils will be able to read an energy meter and record it accurately.</p>	<p>Pupils will learn to use bus and train timetables.</p> <p>Pupils will practise their skills in planning a journey, taking into account the time they have to arrive by and journey time.</p> <p>Pupils will learn how to buy tickets for the bus and train and where to sit when embarking a bus or train.</p> <p>Pupils will develop their social interaction skills within a range of contexts.</p> <p>Pupils will learn how to interact with members of the public and how to keep themselves safe when in the community.</p>

<p>Pupils will keep a record of what they cooked, whether they liked it or not and how they would improve it. Pupils will practise weighing ingredients, slicing, peeling and chopping.</p>	<p>iron and the temperature required for a washing machine. Pupils will learn how to put a washing machine on and how to turn the dial to the correct programme. Pupils will practise ironing simple items eg tea towels and move on to t- shirts. and record it accurately.</p>		<p>difference in frying versus grilling bacon and sausages. Pupils will develop their skills in cooking eggs in a range of ways, and consider the healthiest method eg poaching, frying, boiling and egg and making an omelette. Pupils will be able to select a recipe and ingredients for that recipe. Pupils will follow recipes in making different smoothies and learn to make porridge and bacon, egg and sausage sandwiches. Pupils will select the appropriate utensils required for their cooking. Pupils will be able to identify ways in which information about cooking</p>		
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			<p>from scratch has been passed to others eg through family, recipe books, online websites.</p> <p>Pupils will consider ways in which they can share recipes with others.</p> <p>Pupils will be able to apply presentation skills when serving a dish.</p>		
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Spring 1			Spring 2		
Cooking	Independent Living Skills	Independent Travel	Cooking	Independent Living Skills	Independent Travel
Making Soups	Ironing and washing	Planning visits to the local area involving walking, taking the bus and train.	Making Healthy Lunches	Cleaning, Setting the Table, Reading Energy Meters	Planning visits to the local area involving walking, taking the bus and train.
Pupils will identify whether a soup is a starter or main course.	Pupils will learn to recognise the difference between	Pupils will learn to use bus and train timetables.	Pupils will be able to follow recipes to make healthy lunches and	Pupils will learn how to set a table for two guests eating two courses..	Pupils will learn to use bus and train timetables. Pupils will practise their skills in planning a journey, taking

<p>Pupils will analyse the nutritional value of a range of soups.</p> <p>Pupils will identify ways in which they can economise when making soups eg using seasonal vegetables, using stock from other meals</p> <p>Pupils will follow a recipe to make a range of soups</p> <p>Pupils will develop their skills in measuring, chopping, peeling, frying boiling.</p> <p>Pupil will apply food hygiene skills in their cooking.</p> <p>Pupils will identify ways in which they can present their soup to make it visually appealing.</p>	<p>ironed and unironed items of clothing.</p> <p>Pupils will be able to identify times when ironing clothing is important eg when wanting to look smart.</p> <p>Pupils will learn how to plug in an iron and will learn the risks of touching a hot iron.</p> <p>Pupils will learn what to do if they are burnt.</p> <p>Pupils will learn to read clothing labels to identify the temperature of an iron and the temperature required for a washing machine.</p> <p>Pupils will learn how to put a washing machine on and how to turn the</p>	<p>Pupils will practise their skills in planning a journey, taking into account the time they have to arrive by and journey time.</p> <p>Pupils will learn how to buy tickets for the bus and train and where to sit when embarking a bus or train.</p> <p>Pupils will develop their social interaction skills within a range of contexts.</p> <p>Pupils will learn how to interact with members of the public and how to keep themselves safe when in the community.</p> <p>Pupils will learn to cross a road safely.</p>	<p>deserts (see BTECHome Cooking Skills resources)</p> <p>Pupils will bake potatoes and identify different fillings for them.</p> <p>Pupils will identify the different nutritional value for each filling.</p> <p>Pupils will learn how to use an oven safely and how to turn the heat up and down.</p> <p>Pupils will cook omelettes and identify fillings they could put in an omelette.</p> <p>Pupils will be able to bake small cakes for puddings eg sandwich cake, flapjacks (See BTEC Home Cooking</p>	<p>Pupils will be able to consider the cutlery required for the dish that the guests are eating.</p> <p>Pupils will learn that gas and electricity usage is measured using meters.</p> <p>Pupils will be able to read an energy meter and record it accurately.</p> <p>Pupils will be able to identify the cleaning required in a house eg dusting, hoovering, cleaning bathrooms and understand what will happen if a house is not clean.</p> <p>Pupils will learn the hygiene reasons why a house should be clean.</p> <p>Pupils will develop their skills in dusting, cleaning a sink and hoovering.</p>	<p>into account the time they have to arrive by and journey time.</p> <p>Pupils will learn how to buy tickets for the bus and train and where to sit when embarking a bus or train.</p> <p>Pupils will develop their social interaction skills within a range of contexts.</p> <p>Pupils will learn how to interact with members of the public and how to keep themselves safe when in the community.</p> <p>Pupils will learn to cross a road safely.</p>
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	<p>dial to the correct programme. Pupils will develop their skills in ironing by ironing eg by ironing t-shirts, shirts, trousers</p>		<p>resources sheet for ideas). Pupils will be able to economise on dishes chosen eg by choosing the type of filling for a jacket potato, choice of sandwich fillings, choice of lunch and pudding.</p>		
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Summer 1			Summer 2		
Cooking	Independent Living Skills	Independent Travel	Cooking	Independent Living Skills	Independent Travel
Cooking with Pasta	Ironing and washing	Planning visits to the local area involving walking, taking the bus and train.	Making Puddings	Cleaning, Setting the Table, Reading Energy Meters	Planning visits to the local area involving walking, taking the bus and train.
Pupils will follow a range of recipes for making pasta dishes (see Home cooking skills)	Pupils will learn to recognise the difference between ironed and unironed items of clothing.	Pupils will learn to use bus and train timetables. Pupils will practise their skills in planning a	Pupils will be able to identify whether a pudding is a starter, main course or dessert.	Pupils will be able to consider the cutlery required for the dish that the guests are eating.	Pupils will learn to use bus and train timetables. Pupils will practise their skills in planning a journey, taking into account

<p>resources in BTEC home cooking skills folder). Pupils will go to the shop and select the ingredients needed for a chosen recipe, identifying ways in which they could make their shop cheaper, eg brands Pupils will use their cooking skills when following a recipe. Pupils will reflect on their learning. Pupils will identify ways in which cooking from scratch is passed on to other people eg recipe suggestions on the back of packaging</p>	<p>Pupils will be able to identify times when ironing clothing is important eg when wanting to look smart. Pupils will learn how to plug in an iron and will learn the risks of touching a hot iron. Pupils will learn what to do if they are burnt. Pupils will learn to read clothing labels to identify the temperature of an iron and the temperature required for a washing machine. Pupils will learn how to put a washing machine on and how</p>	<p>journey, taking into account the time they have to arrive by and journey time. Pupils will learn how to buy tickets for the bus and train and where to sit when embarking a bus or train. Pupils will develop their social interaction skills within a range of contexts. Pupils will learn how to interact with members of the public and how to keep themselves safe when in the community. Pupils will learn to cross a road safely.</p>	<p>Pupils will demonstrate food safety and hygiene throughout the preparation and cooking process. Pupils will be able to practise the technique of rubbing together to make a crumble topping. Pupils will learn how to stew fruit. Pupils will follow a recipe to make a range of puddings (see resources in BTEC Home Cooking). Pupils will be able to read labels on food to identify the nutritional value of foods. Pupils will be able to select a recipe and</p>	<p>Pupils will learn that gas and electricity usage is measured using meters. Pupils will be able to read an energy meter and record it accurately. Pupils will be able to identify the cleaning required in a house eg dusting, hoovering, cleaning bathrooms and understand what will happen if a house is not clean. Pupils will learn the hygiene reasons why a house should be clean. Pupils will develop their skills in dusting, cleaning a sink and hoovering.</p>	<p>the time they have to arrive by and journey time. Pupils will learn how to buy tickets for the bus and train and where to sit when embarking a bus or train. Pupils will develop their social interaction skills within a range of contexts. Pupils will learn how to interact with members of the public and how to keep themselves safe when in the community. Pupils will learn to cross a road safely</p>
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	<p>to turn the dial to the correct programme. Pupils will develop their skills in ironing eg by ironing t- shirts, shirts, trousers Pupils will learn methods of drying clothing and which is the best economically and for the environment. Pupils will understand the hazards of drying clothing in front of fires</p>		<p>ingredients for that recipe. Pupils will be able to identify ways in which they can economise in their cooking eg making puddings out of seasonal fruit, choosing a cheaper brand. Pupils will select the appropriate utensils required for their cooking. Pupils will consider ways in which cooking from scratch is shared with others. Pupils will apply skills in presentation when serving puddings.</p>		
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Cycle Two

Autumn 1			Autumn 2		
Cooking	Independent Living Skills	Independent Travel	Cooking	Independent Living Skills	Independent Travel
Cooking with Rice	Ironing and washing	Planning visits to the local area involving walking, taking the bus and train.	Cooking Starters	Cleaning, Setting the Table, Reading Energy Meters	Planning visits to the local area involving walking, taking the bus and train.
<p>Pupils will demonstrate food hygiene in the preparation and cooking process.</p> <p>Pupil will apply presentation skills when serving their meals.</p> <p>Pupils will follow a range of recipes for making rice dishes (see Home cooking skills resources in BTEC home cooking skills folder).</p> <p>Pupils will go to the shop and select the ingredients needed for a chosen recipe, considering ways in which</p>	<p>Pupils will be able to identify times when ironing clothing is important eg when wanting to look smart.</p> <p>Pupils will learn how to plug in an iron and will learn the risks of touching a hot iron.</p> <p>Pupils will learn what to do if they are burnt.</p>	<p>Pupils will learn to use bus and train timetables.</p> <p>Pupils will practise their skills in planning a journey, taking into account the time they have to arrive by and journey time.</p> <p>Pupils will learn how to buy tickets for the bus and train and where to sit when embarking a bus or train.</p>	<p>Pupils will be able to identify dishes that could be served as a starter.</p> <p>Pupils will be able to follow a recipe to make different starters.</p> <p>Pupils will be able to identify the nutritional value of each starter they have made.</p> <p>Pupils will be able to suggest ways of economising when making starters eg using seasonal fruit and vegetables</p> <p>Pupils will be able to apply food hygiene and safety rules</p>	<p>Pupils will learn that gas and electricity usage is measured using meters.</p> <p>Pupils will be able to read an energy meter and record it accurately.</p> <p>Pupils will be able to identify the cleaning required in a house eg dusting, hoovering, cleaning bathrooms and understand what will happen if a house is not clean.</p>	<p>Pupils will learn to use bus and train timetables.</p> <p>Pupils will practise their skills in planning a journey, taking into account the time they have to arrive by and journey time.</p> <p>Pupils will learn how to buy tickets for the bus and train and where to sit when embarking a bus or train.</p> <p>Pupils will develop their social interaction skills within a range of contexts.</p>

<p>they could make their purchases cheaper. Pupils will use their cooking skills when following a recipe.</p> <p>Pupils will identify ways of passing on information about cooking from scratch to others. Pupils will be able to identify the nutritional value of the dishes they have cooked.</p>	<p>Pupils will learn to read clothing labels to identify the temperature of an iron and the temperature required for a washing machine. Pupils will learn how to put a washing machine on and how to turn the dial to the correct programme. Pupils will develop their skills in ironing by ironing eg by ironing t- shirts, shirts, trousers Pupils will learn methods of drying clothing and which is the best</p>	<p>Pupils will develop their social interaction skills within a range of contexts. Pupils will learn how to interact with members of the public and how to keep themselves safe when in the community. Pupils will learn to cross a road safely.</p>	<p>when preparing and cooking food. Identify ways in which recipes can be shared with others.</p>	<p>Pupils will learn the hygiene reasons why a house should be clean. Pupils will develop their skills in dusting, cleaning a sink and hoovering.</p>	<p>Pupils will learn how to interact with members of the public and how to keep themselves safe when in the community. Pupils will learn to cross a road safely.</p>
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	<p>economically and for the environment. Pupils will understand the hazards of drying clothing in front of fires Pupils will consider the most effective way of drying clothes.</p>				
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Spring 1			Spring 2		
Cooking	Independent Living Skills	Independent Travel	Cooking	Independent Living Skills	Independent Travel
Cooking with Meat	Ironing and washing	Planning visits to the local area involving walking, taking the bus and train	Cooking with Fish	Cleaning, Setting the Table, Reading Energy Meters	Planning visits to the local area involving walking, taking the bus and train
Pupils will identify the different types of meat that can be cooked and order	Pupils will be able to identify times when ironing clothing is	Pupils will learn to use bus and train timetables.	Pupils will analyse the nutritional value of different fish dishes..	Pupils will learn that gas and electricity usage is measured using meters.	iPupils will learn to use bus and train timetables.

<p>them in terms of nutritional value and economic value. Pupils will learn the vegetarian/ vegan alternative to certain types of meat and consider their nutritional and economic value. Pupils will follow recipes to make a range of dishes with different types of meat (See BTEC Home Cooking Skills Resources for ideas). Pupils will develop their skills in the safe preparation, cooking and storing of meat. Pupils will develop their skills in chopping, mixing, frying, grilling, baking and poaching. Pupils will consider ways in which cooking from fresh ingredients is shared with others eg recipe books, television, word of mouth, recipes on packaging.</p>	<p>important eg when wanting to look smart. Pupils will learn how to plug in an iron and will learn the risks of touching a hot iron. Pupils will learn what to do if they are burnt. Pupils will learn to read clothing labels to identify the temperature of an iron and the temperature required for a washing machine. Pupils will learn how to put a washing machine on and how to turn the dial to</p>	<p>Pupils will practise their skills in planning a journey, taking into account the time they have to arrive by and journey time. Pupils will learn how to buy tickets for the bus and train and where to sit when embarking a bus or train. Pupils will develop their social interaction skills within a range of contexts. Pupils will learn how to interact with members of the public and how to keep themselves safe when in the community. Pupils will learn to cross a road safely.</p>	<p>Pupils will follow a range of recipes for making fish dishes (see Home cooking skills resources in BTEC home cooking skills folder). Pupils will go to the shop and select the ingredients needed for a chosen recipe, considering the economic value of each ingredient. Pupils will use their cooking skills when following a recipe. Pupils will reflect on their learning. Pupils will identify ways in which people share ideas for cooking from fresh ingredients. Pupils will consider other accompaniments for a fish meal eg vegetables and potatoes to ensure it is a nutritionally balanced meal.</p>	<p>Pupils will be able to read an energy meter and record it accurately. Pupils will be able to identify the cleaning required in a house eg dusting, hoovering, cleaning bathrooms and understand what will happen if a house is not clean. Pupils will learn the hygiene reasons why a house should be clean. Pupils will develop their skills in dusting, cleaning a sink and hoovering. Pupils will be able to set a table for up to four guests eating a two course meal, considering the cutlery needed for what they are eating and other items required, eg a glass for</p>	<p>Pupils will practise their skills in planning a journey, taking into account the time they have to arrive by and journey time. Pupils will learn how to buy tickets for the bus and train and where to sit when embarking a bus or train. Pupils will develop their social interaction skills within a range of contexts. Pupils will learn how to interact with members of the public and how to keep themselves safe when in the community. Pupils will learn to cross a road safely.</p>
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	<p>the correct programme. Pupils will develop their skills in ironing by ironing eg by ironing t- shirts, shirts, trousers Pupils will learn methods of drying clothing and which is the best</p>			<p>drinking and accompaniments.</p>	
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Summer 1			Summer 2		
Cooking	Independent Living Skills	Independent Travel	Cooking	Independent Living Skills	Independent Travel
Cooking with potatoes	Ironing and washing	Planning visits to the local area involving walking, taking the bus and train	Cooking with Vegetables	Cleaning, Setting the Table, Reading Energy Meters	Planning visits to the local area involving walking, taking the bus and train
Pupils will identify different techniques for cooking	Pupils will be able to identify times when ironing clothing is	Pupils will develop their skills in planning a journey, taking into	Pupils will learn that if they are cooking a meat dish, vegetable accompaniments	Pupils will be able to read an energy meter	Pupils will develop their skills in planning a journey, taking into account the time they

<p>potatoes and the nutritional value of each. Pupils will learn different ways of cooking potatoes and consider which dishes a they might accompany. Pupils will explain ways in which they could economise when cooking potatoes. Pupils will apply food safety and hygiene rules through the food preparation and cooking process. Pupils will be able to identify ways in which ideas for recipes are shared with others.</p>	<p>important eg when wanting to look smart. Pupils will learn how to plug in an iron and will learn the risks of touching a hot iron. Pupils will learn what to do if they are burnt. Pupils will learn to read clothing labels to identify the temperature of an iron and the temperature required for a washing machine. Pupils will learn how to put a washing machine on and how to turn the dial to</p>	<p>account the time they have to arrive by and journey time. Pupils will learn how to buy tickets for the bus and train and where to sit when embarking a bus or train. Pupils will develop their social interaction skills within a range of contexts. Pupils will learn how to interact with members of the public and how to keep themselves safe when in the community. Pupils will learn to cross a road safely.</p>	<p>are needed in order to make the meal nutritionally balanced. Pupils will be able to identify a range of vegetables. Pupils will be able to develop their skills in steaming, frying, chopping, slicing, peeling. Pupils will cook a range of vegetables using a range of techniques and consider which vegetables may accompany different dishes. Pupils will apply food safety and hygiene rules when preparing and cooking food. Pupils will understand how to store vegetables. Following visits to the supermarket, pupils will be able to identify ways in which they can economise with vegetables</p>	<p>and record it accurately. Pupils will be able to identify the cleaning required in a house eg dusting, hoovering, cleaning bathrooms and understand what will happen if a house is not clean. Pupils will learn the hygiene reasons why a house should be clean. Pupils will develop their skills in dusting, cleaning a sink and hoovering. Pupils will be able to set a table for up to four guests eating a two course meal, considering the cutlery needed for</p>	<p>have to arrive by and journey time. Pupils will learn how to buy tickets for the bus and train and where to sit when embarking a bus or train. Pupils will develop their social interaction skills within a range of contexts. Pupils will learn how to interact with members of the public and how to keep themselves safe when in the community. Pupils will learn to cross a road safely.</p>
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	<p>the correct programme.</p> <p>Pupils will develop their skills in ironing by ironing eg by ironing t- shirts, shirts, trousers</p> <p>Pupils will learn methods of drying clothing and which is the best</p>			<p>what they are eating and other items required, eg a glass for drinking and accompaniments.</p>	
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Cycle Three					
Autumn 1			Autumn 2		
Cooking	Independent Living Skills	Independent Travel	Cooking	Independent Living Skills	Independent Travel
Making Breads	Washing and ironing	Planning visits to the local area involving walking, taking the bus and train	Baking Sweet Treats	Cleaning, Setting the Table, Reading Energy Meters	Planning visits to the local area involving walking, taking the bus and train

<p>Pupils will research the cost of different breads and bread brands.</p> <p>Pupils will identify certain breads that traditionally accompany specific dishes.</p> <p>Pupils will develop the technique of rolling and kneading dough.</p> <p>Pupils will practise the techniques of mixing and shaping.</p> <p>Pupils will follow recipes for making bread (see BTEC resources), selecting and weighing the appropriate ingredients.</p> <p>Pupils will identify ways in which cooking with fresh ingredients is shared with others.</p>	<p>Pupils will be able to identify times when ironing clothing is important eg when wanting to look smart.</p> <p>Pupils will learn how to plug in an iron and will learn the risks of touching a hot iron.</p> <p>Pupils will learn what to do if they are burnt.</p> <p>Pupils will learn to read clothing labels to identify the temperature of an iron and the temperature required for a washing machine.</p> <p>Pupils will learn how to put a washing machine on and how to turn the dial to the correct programme.</p>	<p>Pupils will develop their skills in planning a journey, taking into account the time they have to arrive by and journey time.</p> <p>Pupils will learn how to buy tickets for the bus and train and where to sit when embarking a bus or train.</p> <p>Pupils will develop their social interaction skills within a range of contexts.</p> <p>Pupils will learn how to interact with members of the public and how to keep themselves</p>	<p>Pupils will select ingredients for following recipes to bake cakes and biscuits.</p> <p>Pupils will identify ways in which they can economise in buying ingredients.</p> <p>Pupils will identify whether a sweet treat would be a starter, main course or dessert.</p> <p>Pupils will develop their mixing, chopping, baking, shaping and rolling skills.</p> <p>Pupils will be able to measure ingredients accurately.</p> <p>Pupils will identify ways in which recipe ideas are shared with others.</p> <p>Pupils will be able to use an oven and timer.</p>	<p>Pupils will be able to read an energy meter and record it accurately.</p> <p>Pupils will be able to identify the cleaning required in a house eg dusting, hoovering, cleaning bathrooms and understand what will happen if a house is not clean.</p> <p>Pupils will learn the hygiene reasons why a house should be clean.</p> <p>Pupils will develop their skills in dusting, cleaning a sink and hoovering.</p> <p>Pupils will be able to set a table for up to four guests eating a two course meal, considering the cutlery</p>	<p>Pupils will develop their skills in planning a journey, taking into account the time they have to arrive by and journey time.</p> <p>Pupils will learn how to buy tickets for the bus and train and where to sit when embarking a bus or train.</p> <p>Pupils will develop their social interaction skills within a range of contexts.</p> <p>Pupils will learn how to interact with members of the public and how to keep themselves safe when in the community.</p> <p>Pupils will learn to cross a road safely.</p>
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	<p>Pupils will develop their skills in ironing by ironing eg by ironing t- shirts, shirts, trousers</p> <p>Pupils will learn methods of drying clothing and which is the best</p>	<p>safe when in the community.</p> <p>Pupils will learn to cross a road safely.</p>		<p>needed for what they are eating and other items required, eg a glass for drinking and accompaniments</p>	
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Spring 1			Spring 2		
Cooking	Independent Living Skills	Independent Travel	Cooking	Independent Living Skills	Independent Travel
Curries and Stews	Washing and ironing	Planning visits to the local area involving walking, taking the bus and train	Chilli and Bolognese	Cleaning, Setting the Table, Reading Energy Meters	Planning visits to the local area involving walking, taking the bus and train
Pupils will understand the importance of using seasonal vegetables for cost and the environment.	Pupils will be able to identify times when ironing clothing is	Pupils will develop their skills in planning a journey, taking into account the time they	Pupils will follow recipes to make meat and vegetarian bolognese and chilli,.	Pupils will be able to read an energy meter and record it accurately.	Pupils will develop their skills in planning a journey, taking into account the time they

<p>Pupils will develop skills in chopping, peeling, simmering and boiling.</p> <p>Pupils will learn the nutritional and economic value to lentils</p> <p>Pupils will research a range of stews and curries (see BTEC Home Cooking skills resources).</p> <p>Pupils will follow recipes for making stews and curries and consider the appropriate accompaniment.</p> <p>Pupils will identify ways in which recipes are shared with people.</p>	<p>important eg when wanting to look smart.</p> <p>Pupils will learn how to plug in an iron and will learn the risks of touching a hot iron.</p> <p>Pupils will learn what to do if they are burnt.</p> <p>Pupils will learn to read clothing labels to identify the temperature of an iron and the temperature required for a washing machine.</p> <p>Pupils will learn how to put a washing machine on and how to turn the dial to the correct programme.</p>	<p>have to arrive by and journey time.</p> <p>Pupils will learn how to buy tickets for the bus and train and where to sit when embarking a bus or train.</p> <p>Pupils will develop their social interaction skills within a range of contexts.</p> <p>Pupils will learn how to interact with members of the public and how to keep themselves safe when in the community.</p> <p>Pupils will learn to cross a road safely.</p>	<p>Pupils will use food labels to explore the nutritional value of different recipes for meat and vegetarian chilli and bolognese.</p> <p>Pupils will learn ways to economise when selecting ingredients for their meals.</p> <p>Pupils will consider the types of accompaniment that chilli and bolognese would be served with in order to ensure a healthy, nutritionally balanced meal.</p> <p>Pupils will identify ways in which ideas for cooking from fresh are shared with different people.</p>	<p>Pupils will be able to identify the cleaning required in a house eg dusting, hoovering, cleaning bathrooms and understand what will happen if a house is not clean.</p> <p>Pupils will learn the hygiene reasons why a house should be clean.</p> <p>Pupils will develop their skills in dusting, cleaning a sink and hoovering.</p> <p>Pupils will be able to set a table for up to four guests eating a two course meal, considering the cutlery needed for what they are eating</p>	<p>have to arrive by and journey time.</p> <p>Pupils will learn how to buy tickets for the bus and train and where to sit when embarking a bus or train.</p> <p>Pupils will develop their social interaction skills within a range of contexts.</p> <p>Pupils will learn how to interact with members of the public and how to keep themselves safe when in the community.</p> <p>Pupils will learn to cross a road safely.</p>
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				and other items required, eg a glass for drinking and accompaniments	
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Summer 1			Summer 2		
Cooking	Independent Living Skills	Independent Travel	Cooking	Independent Living Skills	Independent Travel
Selecting, preparing and cooking a two course meal	Ironing and washing	Planning visits to the local area involving walking, taking the bus and train	Selecting, preparing and cooking a two course meal	Cleaning, Setting the Table, Reading Energy Meters	Planning visits to the local area involving walking, taking the bus and train
Pupils will use their records and notes to select a two course meal that they would like to prepare. Pupils will select the ingredients they need, ensuring they economise when they can. Pupils will be able to identify the nutritional value of each	Pupils will be able to identify times when ironing clothing is important eg when wanting to look smart. Pupils will learn how to plug in an iron and will learn the risks of touching a hot iron.	Pupils will develop their skills in planning a journey, taking into account the time they have to arrive by and journey time. Pupils will learn how to buy tickets for the bus and train and where to	Pupils will use their records and notes to select a two course meal that they would like to prepare. Pupils will select the ingredients they need, ensuring they economise when they can.	Pupils will be able to read an energy meter and record it accurately. Pupils will be able to identify the cleaning required in a house eg dusting, hoovering, cleaning bathrooms	Pupils will develop their skills in planning a journey, taking into account the time they have to arrive by and journey time. Pupils will learn how to buy tickets for the bus and train and where to sit when embarking a bus or train.

<p>dish, ensuring balanced diet principles are followed. Pupils will be able to apply food safety and hygiene rules throughout the preparation and cooking process. Pupils will be able to use a range of cooking skills when preparing their dishes. Pupils will be able to identify ways in which recipes are shared with others</p>	<p>Pupils will learn what to do if they are burnt. Pupils will learn to read clothing labels to identify the temperature of an iron and the temperature required for a washing machine. Pupils will learn how to put a washing machine on and how to turn the dial to the correct programme. Pupils will develop their skills in ironing by ironing eg by ironing t- shirts, shirts, trousers Pupils will learn methods of drying</p>	<p>sit when embarking a bus or train. Pupils will develop their social interaction skills within a range of contexts. Pupils will learn how to interact with members of the public and how to keep themselves safe when in the community. Pupils will learn to cross a road safely.</p>	<p>Pupils will be able to identify the nutritional value of each dish, ensuring balanced diet principles are followed. Pupils will be able to apply food safety and hygiene rules throughout the preparation and cooking process. Pupils will be able to use a range of cooking skills when preparing their dishes. Pupils will be able to identify ways in which recipes are shared with others</p>	<p>and understand what will happen if a house is not clean. Pupils will learn the hygiene reasons why a house should be clean. Pupils will develop their skills in dusting, cleaning a sink and hoovering. Pupils will be able to set a table for up to four guests eating a two course meal, considering the cutlery needed for what they are eating and other items required, eg a glass for drinking and accompaniments</p>	<p>Pupils will develop their social interaction skills within a range of contexts. Pupils will learn how to interact with members of the public and how to keep themselves safe when in the community. Pupils will learn to cross a road safely.</p>
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