



Cooking in the Challenge Pathway

Wilson Stuart School

A Special Academy



Rationale:

Through the Challenge pathway, cooking lessons aim to equip learners with the knowledge and skills to select and prepare healthy meals and understand the safety rules and dangers of being in a kitchen. Students are encouraged to be as independent as possible to develop their independent living skills and prepare them for their future.

Challenge Pathway – Cooking Curriculum

Intent	Implementation	Impact
<ul style="list-style-type: none">• To provide learners with the knowledge and experience of using various kitchen equipment and cooking techniques• To focus on working in a kitchen in a safe and hygienic manner• To be able to make healthy choices of ingredients and recipes• To be able to identify food origins• To try new or unfamiliar ingredients or meals.• To provide an insight into ingredient costs• To develop an understanding of food within the world of work• To provide an awareness of food allergies, preferences, and requirements	<ul style="list-style-type: none">• Through practical cookery sessions where the learners are encouraged to be independent, having support when needed from staff.• Through using resources surrounding the Eat Well plate, and practical games and activities involving food.• Through opportunities to visit and work on the vegetable patch at school.• Research activities to find recipes or ingredients, and then build shopping lists using online shopping tools.• Through career and Gatsby benchmark links – focussing on different job roles and opportunities surrounding cooking and food.• Through recipe designs and comparing designs to their class needs.	<ul style="list-style-type: none">• Students are confident in the kitchen and are familiar with cooking items that they may find in their own home.• Students are able to make a drink or food item in a safe manner and apply this to their home lives.• Students will have a broader knowledge of foods and recipes that they can eat or try and can incorporate them into their lives to create a healthy lifestyle.• Students gain an insight into job or volunteering opportunities that may interest them linked with food and cooking.