



Cooking in the Explore Pathway

Wilson Stuart School

A Special Academy



Rationale:

Through the Explore pathway, cooking lessons aim to equip learners with the knowledge and skills to select ingredients and recipes based on their likes and dislikes. They develop an understanding of where different ingredients are stored, and use different descriptive terms to become familiar with ingredients. Students have a focus on working safely when using kitchen equipment, to ensure that they are aware of dangers. The aim is to increase interactions with ingredients and equipment, and encourage learners to be independent in trying new ingredients.

Explore My Independence – Cooking Curriculum

Intent	Implementation	Impact
<ul style="list-style-type: none"> • To make choices of food, drinks and recipes. • To build an awareness of likes and dislikes and use key descriptions for unfamiliar and familiar ingredients • To provide an opportunity to create meals and snacks that are centred around their thematic style of learning. • To be able to make a drink, snack or meal in a safe and hygienic manner, and be aware of dangers that may occur with equipment • To identify how to serve food, selecting the correct items needed. • To be aware of cleaning routines linked with cooking tasks. • To identify healthy options of breakfasts, and create a range of food and drink items that can be eaten at different meal times. 	<ul style="list-style-type: none"> • To provide options for learners to choose from when trying and selecting ingredients • Through encouraging engagement with new and unfamiliar ingredients, developing knowledge of the ingredient's name • Through thematic links such as the use of a story or song to support delivery. • Skills are focused on individually first and repeated frequently, before being built upon to create full recipes or products. This occurs in a supportive environment suited to the needs of the learners. • Through comparison work on hot and cold and sharp and soft prior to engagement with materials. • Through continued repetition of cooking tasks and stages – i.e. washing hands first. 	<ul style="list-style-type: none"> • Students will have familiarity with an increased amount of ingredients, and develop an awareness of what they are eating. • Students are able to make a choice based on their own preferences. • Students have an understanding that food is a wider topic than just mealtimes. • Students are able to participate in making themselves something to eat or drink. • Students are aware of dangers within a kitchen both at school and at home, supporting them in remaining safe in the environment that they are in.