



**NETHERWOOD
ACADEMY**

Astrea Academy Trust
INSPIRING BEYOND MEASURE

COOKING AND NUTRITION CURRICULUM 2022	YEAR 7 ROTATION	YEAR 8 ROTATION	YEAR 9 ROTATION	YEAR 10	YEAR 11
TERM 1	Hygiene and Safety Through Cooking	Making Quick Main Meals	Sauce Making Through Cooking	Catering/Cooking Skills Building Knowledge Building/Learning for The Unit 1 Hospitality Exam	Unit 2 Controlled Assessment Portfolio and Catering/Cooking Exam
TERM 2	Knife Skills and Confidence Through Cooking	Learning About Healthy Eating Through Cooking	Adapting Base Recipes Through Cooking		Cooking Exam
TERM 3	Hygiene and Safety Through Cooking	Making Quick Main Meals	Sauce Making Through Cooking		Revision for Unit 1 Written Hospitality Exam
TERM 4	Knife Skills and Confidence Through Cooking	Learning About Healthy Eating Through Cooking	Adapting Base Recipes Through Cooking		GCSE Exams
TERM 5	Hygiene and Safety Through Cooking	Making Quick Main Meals Through Cooking	Sauce Making Through Cooking		
TERM 6	Knife Skills and Confidence Through Cooking	Learning About Healthy Eating Through Cooking	Adapting Base Recipes Through Cooking		