

2018/2019	Cooking Methods used	Skills Developed
<p>KS3 students cook twice weekly (room size dictates that when using ovens only 7 can cook, when using hobs only 6 can cook).</p> <p>Lesson1 Savoury Lesson2 Sweet Duration 39 weeks Autumn 1 & 2 Spring 1 & 2 Summer 1 & 2</p> <p>KS2 Cook once weekly (same restriction on numbers due to room size which means that a further subject must be timetabled alongside).</p> <p>A maximum ingredients budget of £1 per student per lesson is a budget of £5850 on ingredients</p>	<p>Boiling</p> <p>Simmering</p> <p>Steaming</p> <p>Stirring</p> <p>Toasting</p> <p>Frying</p> <p>Grilling</p> <p>Using a griddle</p> <p>Roasting</p> <p>Baking</p> <p>Scrambling</p> <p>Timing</p>	<p>Safe food prep and storage</p> <p>Weighing</p> <p>Measuring</p> <p>Following a recipe</p> <p>Knife skills and safety</p> <p>Peeling</p> <p>Preparing salad</p> <p>Making dressings and sauces</p> <p>Grating</p> <p>Skewering</p> <p>Seasoning</p> <p>Shaping</p> <p>Rubbing in</p> <p>Rollin Wraps</p> <p>Mixing</p> <p>Beating</p> <p>Mashing</p> <p>Kneading</p> <p>Barbeque use</p>