

Cooking Skills @ Highfield Intent:

The 2 main outcomes are Cooking Skills and Communication.

Learning how to cook is a crucial life skill that enables students to move towards independence to feed themselves healthily and safely.

Pupils will have experience at an appropriate level of a range of cooking techniques e.g. selecting and preparing ingredients, using utensils and adapted/non-adapted equipment, applying heat in different ways, using awareness of taste, texture and smell and combining ingredients.

Alongside this students will progress with their communication and personal development

<p>Overview</p> <p>Students across Key Stages will experience a range of skills based lessons. The focus being practical skills that are embedded with safe and hygienic application by all students which can be transferred to independence at home/work/life. These skills will be determined by each individual students need and ability which will ensure tasks are achievable and meaningful for all.</p> <p>Interventions – see MTP for further detail</p> <p>Small group teaching, peer support, TA teaching, pairing</p> <p>1:1 teaching</p> <p>Differentiate instructions (inprint, demonstrations, verbal, written and pictorial)</p> <p>Power point of stages, clear instructions</p> <p>Laminated instructions</p> <p>Demonstrations—visual and oral— repetition week on week</p>	<p><u>Delivery</u></p> <p>2 session lessons per week on a termly rotation (KS3) will be based around : prepare to cook, hygiene and safety, and a practical session.</p> <p>2 session lesson per week rotating half termly with shopping (KS4) These will focus on preparing snacks and meals that develop safe working skills and understanding of hygiene. We are working towards working independently. Some of these independent tasks will be repeated over the year to ensure skills are embedded. Students access a range of cooking skills and methods and use adapted equipment to support their own journey.</p> <p><u>Semi-formal</u> classes 1 session per week. The focus of these lessons initially is exploration of the room, equipment and ingredients. We embark on a journey of taste, touch, smell and feel—students are encouraged to work with new and different food items and to make and taste what has been made. We develop skills in following routines and being safe and aware of others. We use our skills to wait and take turns and in the process experience a range of different cooking methods and ingredients.</p>
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Interventions

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1:1 teaching

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