

Life Skills - Year 7/8/9

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Welcome!	Me and My World		Places to Live		British Values	Enterprise					Christmas
Spring	Gardening (continue through to the end of summer)			Environment & Innovation			Textiles				Making our world Greener	
Summer	Charity Work, volunteering and Fundraising			Independent Projects				Planning an Event		Summer Fare Preparation		Activities Week

Life Skills- Year 10

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Welcome!	Me and My World		Places to Live		British Values	Enterprise					Christmas
Spring	Gardening (continue through to the end of summer)			Environment & Innovation			Textiles				Philanthropy	
Summer	Charity Work, volunteering and Fundraising				Independent Projects			Planning an Event		Summer Fare Preparation		Activities Week

Life Skills - Year 11

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Welcome!	Me and My World	Places to Live	Finance, banking and Budgeting		British Values	Enterprise					Christmas
Spring	Gardening (continue through to the end of summer)			Textiles, Environment & Innovation			Independent / Group Projects				Charity & Volunteering	
Summer	Exam and Revision											

Life Skills Cooking – Years 7/8/9

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	<p>Foundational Skills and Food Hygiene</p> <p>Safety & Hygiene: Understanding the 4 Cs (Cleaning, Cooking, Chilling, Cross-contamination), safe use of cookers and knives.</p> <p>Practical Techniques: Introduction to basic skills—weighing, measuring, chopping, peeling, rubbing-in method, hob safety.</p> <p>Nutrition: Basics of the Eatwell Guide and 5-a-Day campaign.</p> <p>Dishes: Potatoes (cooked different ways) Healthy Soup, Buffet, Pasta, Christmas bakes e.g. Gingerbread Men</p>											
Spring	<p>Nutrition, Techniques, and Provenance</p> <p>Food Safety: Safe preparation of raw meat, using food probes to check temperatures, understanding bacteria.</p> <p>Advanced Techniques: Using electrical equipment (blenders/whisks), sauces (roux), pastry skills, grilling, and boiling.</p> <p>Nutrition & Provenance: Energy balance, nutritional value of ingredients, seasonality, and environmental impact of food.</p> <p>Dishes: Vegan Chilli, Vegan Ramen, Sausage Casserole, Millionaire Shortbread, Vegan Risotto, different styles of bread</p>											
Summer	<p>Autonomy, sustainability and complex Skills</p> <p>Practical Skills: Complex skills including cake making, pastry skills, yeast doughs, and adapting recipes independently.</p> <p>Food Science: Understanding how ingredients function together, such as in bread and cakes.</p> <p>Food Choice: Exploring cultural diets, food labelling, and ethical choices (local/seasonal).</p> <p>Dishes: Indian curry, Chinese sweet and Sour, British Fish & Chips, Spring Rolls & Stir Fry</p>											

Life Skills Cooking – Year 10

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	<p>Foundational Skills and Food Hygiene</p> <p>Safety & Hygiene: Understanding the 4 Cs (Cleaning, Cooking, Chilling, Cross-contamination), safe use of cookers and knives.</p> <p>Practical Techniques: Introduction to basic skills—weighing, measuring, chopping, peeling, rubbing-in method, hob safety.</p> <p>Nutrition: Basics of the Eatwell Guide and 5-a-Day campaign.</p> <p>Dishes: Potatoes (cooked different ways) Healthy Soup, Buffet, Pasta, Christmas bakes e.g. Gingerbread Men</p>											
Spring	<p>Nutrition, Techniques, and Provenance</p> <p>Food Safety: Safe preparation of raw meat, using food probes to check temperatures, understanding bacteria.</p> <p>Advanced Techniques: Using electrical equipment (blenders/whisks), sauces (roux), pastry skills, grilling, boiling, roasting and caramelization.</p> <p>Nutrition & Provenance: Energy balance, nutritional value of ingredients, seasonality, and environmental impact of food.</p> <p>Dishes: Vegan Chilli, Vegan Ramen, Sausage Casserole, Millionaire Shortbread, Vegan Risotto, different styles of bread.</p>											
Summer	<p>Autonomy, sustainability and complex Skills</p> <p>Practical Skills: Complex skills including cake making, pastry skills, yeast doughs, and adapting recipes independently.</p> <p>Food Science: Understanding how ingredients function together, such as in bread and cakes.</p> <p>Food Choice: Exploring cultural diets, food labelling, and ethical choices (local/seasonal).</p> <p>Dishes: Indian curry, Chinese sweet and Sour, British Fish & Chips, Spring Rolls & Stir Fry, Fajitas and Paella</p>											

Life skills Cooking – Year 11

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	<p>Nutrition, Techniques, and Provenance</p> <p>Food Safety: Safety & Hygiene: Understanding the 4 Cs (Cleaning, Cooking, Chilling, Cross-contamination), safe use of cookers and knives.</p> <p>Safe preparation of raw meat, using food probes to check temperatures, understanding bacteria.</p> <p>Advanced Techniques: Using electrical equipment (blenders/whisks), pastry skills, grilling, and boiling.</p> <p>Nutrition & Provenance: Energy balance, nutritional value of ingredients,</p> <p>Dishes: Vegan Chilli, Sausage Casserole, Millionaire Shortbread, Vegan Risotto, different styles of bread.</p>											
Spring	<p>Autonomy, sustainability and complex Skills</p> <p>Practical Skills: Complex skills including cake making, pastry skills, yeast doughs, and adapting recipes independently.</p> <p>Food Science: Understanding how ingredients function together, such as in meringues or cheesecake.</p> <p>Food Choice: Exploring cultural diets, food labelling, and ethical choices (local/seasonal).</p> <p>Dishes: Indian Curry, Chinese Sweet and Sour , British Fish & Chips, Spring Rolls & Stir Fry, Fajitas and Paella.</p>											
Summer												