**KS4 Cycle 1 Spring 1 Food tech/Healthy living Food safety**

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|  |  **Pathway 1** | **Food Tech****KS4** **Cycle 1**  | **Spring 1** **Food Safety** |
| **Learning Intention:** Pupils will learn the importance of handwashing prior to starting any handling of food. Pupils will explore and learn about how to keep safe when cooking in the kitchen. This will include learning about common dangers in the kitchen and how to keep safe. Pupils will learn a variety of basic cooking/preparation skills in the kitchen and how to carry these out saely. Pupils will learn what to do if there is an accident in the kitchen . |
| **Key knowledge that should be learned during this SoW**  | All | Most | Some |
| **Concept:**  | That with support they can help cook simple foods.  | That they can prepare simple foods themselves and know how to keep safe whilst doing so.  | That they can cook some things for themselves now they are getting older. That they must ask permission before beginning to cook.  |
| **Knowledge:**  | That there are many dangers that can occur in a kitchen and how to keep self safe.  | That they are read and able to cook simple foods themselves. Understanding the dangers and how to keep self safe whilst cooking.  | To know what to do if an accident happens and that they can be safe and try again learning from mistakes. l |
| **Key Skills:**  | Find dangers in a kitchen  | Make hot drink safely - tea, hot chocolate, cup of soupUse microwave to make porridge safely. State ways to keep safe in kitchen  | How to boil a kettle safely How to boil eggs in saucepan How to cook scrambled eggs in saucepan  |
| **Language and/or communication skills:**  | Pupils will learn simple words they need to understand and use to keep safe in a kitchen - stop, wait, hot, slow  | Pupis be able to say what they are doing and use language to sequence the task - first, second, then, after, last. Pupils will also understand and use words associated with cooking - microwave, kettle, boil, saucepan, gas, safe | Pupils will be able to describe what they have done and are doing. They will use language to consider safety aspects of cooking and how they can keep safe and react if needed to if an accident does occur - accident, safety, help, burn, water.  |
| **Curricular Links** | PSHCE, Science  |