



TWO RIVERS  
HIGH SCHOOL

## Two Rivers High School

### Cookery Overview

#### Explorers - Year 7 and 8

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>2022-2023</b>	Kitchen equipment; safety & skills.	What's in the fridge? Using common household foods	Healthy eating; energy & nutrients	Field to fork: Where does my food come from?	Seasonal foods: Summer fruits and vegetables	How much does my food cost?
<b>2023-2024</b>	Food safety & hygiene; food poisoning, personal hygiene	Selecting ingredients: seasonality	Food from around the world	Planning my meal: why am I choosing these foods?	Following recipes; time management	Creating my own recipe

#### Explorers - Year 9 and 10

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
--	-----------------	-----------------	-----------------	-----------------	-----------------	-----------------



**TWO RIVERS**  
HIGH SCHOOL

<b>2022-2023</b>	Kitchen equipment; safety & skills.	What's in the fridge? Using common household foods	Healthy eating; energy & nutrients	Field to fork: Where does my food come from?	Seasonal foods: Summer fruits and vegetables	The cost of food
<b>2023-2024</b>	Food safety & hygiene; food poisoning, personal hygiene	Selecting ingredients: seasonality	Food from around the world	Planning my meal: why am I choosing these foods?	Following recipes; time management & food presentation	Creating my own recipe

**Adventurers - Year 7 and 8**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>2022-2023</b>	Kitchen equipment; safety & skills.	What's in the fridge? Using common household foods	Healthy eating; energy & nutrients	Field to fork: Where does my food come from?	Seasonal foods: Summer fruits and vegetables	How much does my food cost?



TWO RIVERS  
HIGH SCHOOL

<b>2023-2024</b>	Food safety & hygiene; food poisoning, personal hygiene	Selecting ingredients: seasonality	Food from around the world	Planning my meal: why am I choosing these foods?	Following recipes; time management	Creating my own recipe

### Adventurers - Year 9 and 10

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>2022-2023</b>	Kitchen equipment; safety & skills.	What's in the fridge? Using common household foods	Healthy eating; energy & nutrients	Field to fork: Where does my food come from?	Seasonal foods: Summer fruits and vegetables	The cost of food



TWO RIVERS

HIGH SCHOOL

<b>2023-2024</b>	Food safety & hygiene; food poisoning, personal hygiene	Selecting ingredients: seasonality	Food from around the world	Planning my meal: why am I choosing these foods?	Following recipes; time management & food presentation	Creating my own recipe
------------------	---	------------------------------------	----------------------------	--	--	------------------------

**Pioneers – Vocational Option**

WJEC E2, E3 BTEC L1, L2	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>2022-2023</b>	Kitchen equipment; safety & skills.	Selecting ingredients; seasonality	Meal planning; factors affecting food choice	Healthy eating; energy & nutrients	Where food comes from; food certification & assurance schemes	Costs and budgeting
<b>2023-2024</b>	Food safety & hygiene; food poisoning, personal hygiene	Selecting ingredients; international cuisine	Meal planning; religion and food choice	Food labelling; fridge & store cupboard management	Following recipes; time management &	Value of home cooking; long term benefits to wellbeing



**TWO RIVERS**  
HIGH SCHOOL

					food presentation	
--	--	--	--	--	----------------------	--