



Two Rivers High School
Explorers & Adventures – Year 7 & 8
Knowledge and Skills Overview

	Autumn 2022-23		Spring 2022-23		Summer 2022-23	
Students will be able to prepare for a cooking lesson with support where it is needed.						
Students will understand how to keep safe in the cooking room and how to use equipment correctly.						
Students will be able to identify and recognise familiar cooking equipment and utensils and have experience in using them with support if needed.						
Students will be able to read and follow a recipe with support where it is needed.						
Students will demonstrate an understanding of the Eatwell plate.						
Students will be able to decide within a group a healthy recipe based off the eat well plate.						
Students will be able to demonstrate some independence when using equipment cooking the meal they decided as a class.						



Pioneers

Skills	Autumn 2022-23		Spring 2022-23		Summer 2022-23	
Hygiene: personal	■	■	■	■	■	■
Hygiene: kitchen	■	■	■	■	■	■
Basic health & safety	■	■	■	■	■	■
Knife skills & safe cutting techniques	■	■	■	■	■	■
Peeling	■			■		
Grating	■			■		
Using the hob: boiling, simmering, steaming	■	■			■	
Using the hob: frying					■	
Using the oven		■			■	
Using the grill					■	
Rubbing in		■	■			
Rolling out			■			
Folding in		■				
Pouring	■	■				
Spreading			■			
Kneading			■			



TWO RIVERS

HIGH SCHOOL

Using electrical equipment: kettle						
Using electrical equipment: toaster						
Using electrical equipment: mixer						
Using electrical equipment: blender						
Using scales: weighing						
Measuring liquids						
Time management						
Safe storage of food						
Food presentation						
Identifying a balanced meal / diet						

Skills	Autumn 2023-24		Spring 2023-24		Summer 2023-24	
Hygiene: personal						
Hygiene: kitchen						
Basic health & safety						
Knife skills & safe cutting techniques						
Peeling						
Grating						
Using the hob: boiling, simmering, steaming						
Using the hob: frying						
Using the oven						



TWO RIVERS

HIGH SCHOOL

Using the grill	■	■				■
Rubbing in	■			■		
Rolling out	■			■		
Folding in	■					
Pouring					■	
Spreading					■	
Kneading	■				■	
Using electrical equipment: kettle					■	
Using electrical equipment: toaster						
Using electrical equipment: mixer			■			
Using electrical equipment: blender		■				
Using scales: weighing		■	■	■	■	
Measuring liquids					■	
Time management	■	■	■	■	■	■
Safe storage of food	■	■	■	■	■	■
Food presentation		■	■		■	
Identifying a balanced meal / diet			■		■	■