



BENSHAM MANOR School

Skills for life Cooking Curriculum 2025-2026

 = Embracing cultural and religious festivals within Bensham Manor.

	YEAR 7	YEAR 8	YEAR 9	Year 10	Year 11	Post 16
Autumn Term 1	BSM SKILLS AWARD Hand washing and cleaning skills. Hand washing, washing up, dry up, naming equipment and keeping workstations clean and tidy. Learning about the importance of hand washing and how to wash your hands correctly, removing all harmful bacteria. 	BSM SKILLS AWARD Cooking and planning a range of breakfast.  Safety in the kitchen and potential hazards. Cooking safely and hygienically in the kitchen with support. Practical Cooking. Looking at all the different foods that can be eaten at breakfast time. Exploring	BSM SKILLS AWARD Baking a range of biscuits, cakes and muffins.  Practical Cooking. Cooking a range of cakes and biscuits.  	BSM SKILLS AWARDS Safety and hygiene in the kitchen. Hygiene in the kitchen/ safety when using kitchen appliances.  Practical Cooking. Cooking a range of dishes using cheese.  Researching how cheese is made and what animals are used to produce cheese.	BSM SKILLS AWARD Cooking with a range of meats. Learning about different types of meats and which animals they come from.  Practical Cooking. Cooking dishes that contain meat and poultry.	BSM SKILLS AWARD Food safety and hygiene whilst cooking.  Revisiting the importance of personal hygiene when working in a cooking environment. Practical Cooking. Cooking a range of foods, while keeping safe and identifying hazards.

		breakfasts from around the world.				
Autumn Term 2	BSM SKILLS AWARD Health and safety in the kitchen. Learning the importance of the safety rules in the kitchen. How staying safe can prevent accidents. Practical Cooking. Baking a range of cookies and cakes. Learning how to form dough. 	BSM SKILLS AWARD Healthy Lifestyle. Identifying the five food groups, and why it is important to have a healthy diet.  Practical Cooking Cooking healthy foods, remembering our 5-a-day. 	BSM SKILLS AWARD Food storage and its importance. Learning about food storage and why it is important to store it in the correct way.  Practical Cooking. Cooking a range of foods. 🍷🍷🍷 Cooking a range of different pizzas, focusing on pizza dough bases and different toppings.	BSM SKILLS AWARD Cooking and nutrition soups.  Learning about healthy soups. How soups are healthy, filling and low on cost when you have a small budget. Practical Cooking. Cooking a range of food of soups from around the world. Adapting recipes. 🍷🍷🍷	BSM SKILLS AWARD Food poisoning and food contamination. Learning about food poisoning /cross contamination and how to prevent it.  Practical Cooking Cooking a range of foods using the correct coloured chopping boards.	BSM SKILLS AWARD Basic First Aid/Preparing and cooking curries.  Basic first aid, learning the skills and knowledge needed to confidently support first aid. Practical Cooking. Cooking a range of foods. 🍷🍷🍷 Cooking a range of curries using different herbs and spices. Thinking about the taste, colour and flavours of the foods.
Spring Term 1	BSM SKILLS AWARD Making sandwiches and toast independently.	BSM SKILLS AWARD Cooking with pasta.	BSM SKILLS AWARD	BSM SKILLS AWARD Introduction to dishes from around the world.	BSM SKILLS AWARD Planning, preparing and cooking breakfast.	BSM SKILLS AWARD Introduction to geography, food and culture in Spain and Gibraltar.

	Making a range of sandwiches, toast and wraps. Mastering these independent skills Practical Cooking. Making a range of sandwiches. Wraps and toasted sandwiches. 🍷🍴	Learning about different pastas and how to cook them correctly.  Practical Cooking Cooking a range of pasta dishes and creating a variety of sauces.	Cooking and healthy eating.  Practical Cooking Cooking a range of healthy meals, using fruits and vegetables. 	Researching a range of different countries. Learning about traditional dishes. Practical Cooking Cooking a range of foods from different parts of the world and embracing new flavours. 🍷🍴	Planning and preparing a range of breakfasts, thinking about the cost and how to shop in bulk to save money. Practical Cooking Cooking a variety of breakfasts, thinking about healthy options. 	  Cooking dishes from Spain/ Gibraltar. Learning about traditional dishes, language and culture. Practical Cooking. Cooking with a range of ingredients. 🍷🍴
Spring Term 2	BSM SKILLS AWARD Oven safety. Learning how to use an oven safely, and the different features it has. Practical Cooking. Cooking pizzas using a different bases. 🍷🍴 	BSM SKILLS AWARD Designing and using recipes. Researching and designing a range of recipes to use for cooking.  Practical cooking. Cooking a range of foods exploring recipes.	BSM SKILLS AWARD Afternoon tea/ picnics. Traditional English afternoon tea, including biscuits and sandwiches.  Practical cooking. Cooking a range of foods served with	BSM SKILLS AWARD Food allergies and intolerances. Learning about food allergies and intolerances Practical Cooking. Cooking gluten and dairy free foods and snacks.. 🍷🍴	BSM SKILLS AWARD Cooking and food preparation. Practical Cooking. Cooking a range of dishes from around the world. 🍷🍴 	BSM SKILLS AWARD Budgeting and cooking at home. Practical Cooking. Using different cooking techniques and recipes, focusing on independence. Learning how to budget your money when shopping.

			afternoon teas and picnics. 			
Summer Term 1	IDENTIFYING FRUITS AND VEGETABLE Identifying different fruits and vegetables. Learning how they grow and how to use them to make healthy snacks. Practical Cooking Making different dishes using vegetables and fruits. 	BSM SKILLS AWARD Using kitchen appliances.  Learning about different kitchen appliances and how they are used when cooking. Practical Cooking. Salads, fruits and vegetables within dishes. 	BSM SKILLS AWARD Cooking and healthy eating Learning about the importance of healthy eating and making healthy meals Practical Cooking Cooking a range of foods, thinking about how to make them healthy and nutritious 	BSM SKILLS AWARD Cooking for one Naming a wider range of foods and equipment. Practical Cooking. Cooking a range of foods. Learning about how to change the amount of ingredients needed when cooking for one. 	INDEPENDENT COOKING. Learning about a range of foods that are eaten at different meal times.  Practical Cooking. Cooking a range of breakfasts, lunches and dinners.	BSM SKILLS AWARD Fundraiser: Homemade food items for sale. Discussing and organising a charity food sale.  Practical Cooking Cooking a range of foods that that could be sold to raise money. 
Summer Term 2	BSM SKILLS AWARD Different coloured chopping boards. Different coloured chopping boards and their uses when cooking.	BSM SKILLS AWARD Dental health and the effects of sugar. Learning about the effects of sugar on your teeth. Finding out how much	BSM SKILLS AWARD Cooking with spices and herbs. Learning about spices and herbs and using them when cooking different foods.	BSM SKILLS AWARD Baking and cooking a variety of biscuits, cakes and muffins. Practical Cooking.	Left School. 	BSM SKILLS AWARDS Cooking a range of cakes and biscuits. Acquiring baking skills.

	Practical Cooking. Making smoothies and snacks. 	sugar is in food and how to avoid them.  Practical Cooking Cooking a range of foods using different techniques. 🍷🍴	Practical Cooking. Cooking a range of using spices and herbs 🍷🍴	Cooking a range of cakes and muffins. Learning how to adjust ingredients to make them more healthy 🍷🍴		 Practical Cooking. Baking a range of cakes and cookies. 🍷🍴
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