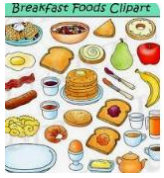
BENSHAM MANOR School

Skills for Life Cooking Curriculum Map 2026-27

🎉🍽️ **embracing cultural and religious festivals within Bensham Manor.**

	YEAR 7	YEAR 8	YEAR 9	Year 10	Year 11
Autumn Term 1	**BMS 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. 	**BMS Skills Award** **Cooking and planning a range of breakfasts.**  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 breakfasts from around the world. 	**BMS Skills Award** **Baking a range of biscuits, cakes and muffins** Practical Cooking. Cooking a range of cakes and biscuits. 🎉🍽️ 	**BMS Skills Award** **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. 	**BMS 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.

	YEAR 7	YEAR 8	YEAR 9	Year 10	Year 11
Autumn Term 2	**BMS 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. Learning basic skills when using a knife and grater to make sandwiches with support. 	**BMS 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.	**BMS 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 different pizzas, focusing on pizza dough bases and different toppings.	**BMS 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. 🎉🍽️	**BMS 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.

	YEAR 7	YEAR 8	YEAR 9	Year 10	Year 11
Spring Term 1	**BMS Skills Award** **Making sandwiches and toast independently.** Making a range of sandwiches, toast and wraps. Mastering these independent skills**.** Practical Cooking. Making a range of sandwiches. Wraps and toasted sandwiches.	**BMS Skills Award** **Cooking with pasta.** Learning about different pastas and how to cook them correctly.  Practical Cooking Cooking a range of pasta dishes and creating a variety of sauces.	**BMS Skills Award** **Life skills programme, cooking and healthy eating.** Practical Cooking Cooking a range of healthy meals, using fruits and vegetables. 	**BMS Skills Award** **Introduction to dishes from around the world.**  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. 🎉🍽	**BMS Skills Award** **Planning, preparing and cooking breakfast.** 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. 

	YEAR 7	YEAR 8	YEAR 9	Year 10	Year 11
Spring Term 2	**BMS Skills Award** **Oven safety.** Learning how to use an oven safely, and the different features it has. Practical Cooking. Cooking pizzas using different bases. 🎉🍽️	**BMS 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.	**BMS Skills Award** **Afternoon tea/ picnics.** Traditional, English afternoon tea, including biscuits and sandwiches.  Practical cooking. Cooking a range of foods served with afternoon teas and picnics. 🎉🍽️	**BMS Skills Award** **Food allergies and intolerances.** Learning about food allergies and intolerances Practical Cooking. Cooking gluten and dairy free foods and snacks. 🎉🍽️  	**BMS Skills Award** **Cooking and food preparation.** Practical Cooking. Cooking a range of dishes from around the world. 🎉🍽️

	YEAR 7	YEAR 8	YEAR 9	Year 10	Year 11
Summer Term 1	Identifying Fruit and Vegetables 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. 	**BMS 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. 🎉 🍽️	**BMS 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 	**BMS 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.

	YEAR 7	YEAR 8	YEAR 9	Year 10	Year 11
Summer Term 2	**BMS Skills Award** **Different coloured chopping boards.** Different coloured chopping boards and their importance when cooking.  Practical Cooking. Making smoothies and snacks. 	**BMS Skills Award** **Dental health and the effects of sugar.** Learning about the effects of sugar on your teeth. Researching how much sugar is in foods and how to avoid them.  Practical Cooking Cooking a range of foods using different techniques. 🎉🍽️	**BMS Skills Award Cooking with spices and herbs.** Learning about different spices and herbs, while using them when cooking a range of foods. **Practical Cooking.** Cooking a range of dishes using spices and herbs**.** 🎉🍽️ 	**BMS Skills Award Baking and cooking a variety of biscuits, cakes and muffins.** Practical Cooking. Cooking a range of cakes and muffins. Learning how to adjust ingredients to make them more healthy 🎉🍽️ 	**Left School.** 