

PCHS Curriculum Information

Course Title: Cooking & Nutrition.	Frequency: 1 Lesson per fortnight	
How will students be assessed? Practical and written work assessed during the year with written feedback. Homework set and assessed throughout the course.		
KEY CONTENT		
Half Term 1 Rules & Routines in the Food Room Hygiene & Safety in the Food Room Eat well Guide & Nutritional needs through life Practicals: Quesadilla		
Half Term 2 Energy Balance Practicals: Pizza Christmas Cookies		
Half Term 3 Labelling food products / Allergens Homemade vs Shop bought Food Provenance Practicals: Burgers		
Half Term 4 Macronutrients Micronutrients Practicals: Carbonara with fresh pasta		
Half Term 5 World Cuisines, Religions & Dietary restrictions Practical: Vegetable Chilli		
Half Term 6 Raising agents Practical: Cupcakes		