

PCHS Curriculum Information

Course Title: Cooking & Nutrition.	Frequency: 1 Lesson per fortnight	
How will students be assessed? Practical and written work is assessed during the year with written feedback. Homework is 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 Practicals: Fresh Pasta
Half Term 2 Energy Balance Practicals: Quesadilla & Christmas Cookies
Half Term 3 Nutrients Practicals: Pizza & Jam Tarts
Half Term 4 Labelling Practicals: Pork burgers
Half Term 5 Nutritional needs Practical: Cheese Scones
Half Term 6 Provenance & farming Practical: Lemon Cheesecake &