



Lotus
Academy

Cooking (Food Technology)
Curriculum
Creative





Cooking Curriculum Overview

Intent

At Lotus Academy, we aim for all pupils to leave school with the knowledge, confidence and practical skills needed to prepare healthy, nutritious meals safely and independently. Through Cooking, pupils develop an understanding of nutrition, food hygiene, food preparation and where food comes from, enabling them to make informed choices that support healthy lifestyles both now and in the future. Depending on their individual pathway, pupils will either develop the functional cooking skills needed for everyday life or achieve an accredited BTEC Home Cooking Skills qualification that supports progression into further education, employment or independent living.

Through Cooking, pupils develop their communication skills by discussing recipes, sharing ideas and evaluating their work. They learn to work collaboratively during practical activities, building positive relationships while developing respect for others, food and the environment. Cooking also promotes independence through planning, preparing and evaluating meals, encouraging pupils to make informed decisions and solve practical problems. Resilience is developed as pupils learn from mistakes, adapt recipes, practise new techniques and refine their practical skills over time.

Our Cooking curriculum is designed around developing secure practical skills alongside an understanding of healthy eating, nutrition and food safety. We believe that all pupils, regardless of ability, should have access to meaningful practical experiences that develop confidence, independence and essential life skills. Through a carefully sequenced curriculum linked to the Cornerstones projects in Years 3–8 and progression into BTEC Home Cooking Skills in Year 9, pupils build the knowledge, skills and confidence needed for independent living and future success. While the curriculum is informed by the National Curriculum and BTEC specifications, learning is carefully adapted, sequenced and personalised to ensure it is accessible, appropriately challenging and aspirational for every pupil.

Implementation

The Cooking curriculum is designed to develop pupils' knowledge, understanding and practical skills progressively over time. Careful sequencing ensures that fundamental cooking techniques, food hygiene and nutrition are securely embedded before pupils' progress to more complex recipes, meal planning and food preparation, allowing them to build confidence and competence over time.

In Years 3–8, Cooking is taught through practical and theoretical lessons, linked to wider subjects, enabling pupils to make meaningful connections between cooking and other curriculum areas, including history, geography and science. Practical activities are supported by explicit teaching of food hygiene, nutrition, food safety and the safe use of kitchen equipment, ensuring pupils develop essential life skills alongside subject knowledge.

In Year 9, pupils follow the BTEC Home Cooking Skills curriculum, where they build upon the knowledge and skills developed throughout the lower school. Pupils develop increasingly independent practical techniques, meal planning, nutritional understanding and food preparation skills while working towards an accredited qualification. Ongoing assessment and personalised support ensure that learning is accessible, appropriately challenging and enables every pupil to make sustained progress towards their individual outcomes.



Cooking LTP

	Autumn		Spring		Summer	
Year 3/4 – Cycle A	Kitchen Safety & Hygiene	Healthy Eating & Nutrition	Food Preparation Skills	Cooking Methods	Food Through Time	Healthy Lunchboxes & Snacks
Year 3/4 – Cycle B	Healthy Breakfasts	Seasonal Fruit & Vegetables	Bread & Baking	Dairy & Healthy Meals	Global Kitchen	Food for Festivals & Celebrations
Year 5/6 – Cycle A	Nutrition & the Eatwell Guide	Advanced Knife Skills	Bread, Cereals & Grains	Savoury Cooking	Sustainable Food Choices	Planning Healthy Meals
Year 5/6 – Cycle B	High Energy Foods	Protein Foods	World Cuisine	Baking Science	Budget Cooking	Enterprise Café Project
Year 7/8 – Cycle A	Advanced Food Safety	Nutrition Through Life	Food Science	Family Meals	Sustainability	Recipe Development
Year 7/8 – Cycle B	Expedition Nutrition	Recipe Adaptation	Budgeting & Costing	International Cuisine	Independent Cooking	Fair Trade & Enterprise
Year 9 BTEC	Food Safety & Hygiene	Nutrition & Healthy Eating	Practical Cooking Skills	Meal Planning & Time Management	Assessment Preparation	Final Practical Assessment & Evaluation