



THEORY

- Hygiene quiz
- What are Proteins for?
- Demo spag bol

SPAGHETTI BOLOGNESE

- Cooking with mince
- Chopping veg finely
- Multitasking

THEORY 2

- Demo cheesy pasta
- Research foods around the world

CHEESY VEG PASTA

- Boiling and simmering
- Al dente cooking
- Grilling
- Making a Roux sauce
- Batch cooking.

THEORY 3

- Demo enchiladas
- Discuss meat choices
- Step by step planning task

ENCHILADAS

- Choosing suitable meats
- Combination cooking

THEORY 4

- Demo curry
- Test herbs and spices
- Knowledge of flavours

CHICKEN CURRY

- High risk foods
- Working with spices
- Preparing chicken
- Understanding vegan choices

THEORY 5.

- Demo stirfry
- Eatwell plate review
- Portion sizing task
- What Vitamin and minerals are for?

STIRFRY

- Chopping skills
- Using woks
- Steaming

