



Curriculum Map 2026/2027

Subject: Cooking

Year: 7

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Pathway 1	Introduction to the Food tech room Introduction to the safety and hygiene rules. Introduction to basic equipment	The Eatwell Guide Introduce The Eatwell Guide and raise awareness of a healthy diet. In depth look at the nutritional	Breakfast The pupils will discuss the importance of breakfast and healthy breakfast choices and make a variety of breakfast dishes.	Snacks We will discuss eating food for energy, particularly when replacing lost energy and topping up our energy levels.	Lunch Pupils will focus on Healthy Sandwiches/ Bread based products suitable for lunch. Using a variety of	Picnic Design, plan and prepare a healthy picnic for the class. Discuss and

	and following simple recipes.	properties of each section of The Eat well Guide.	The pupils will Investigate Food Labels with a focus on the traffic light system to learn to work out for themselves if a product is healthy or not.	Learning how much energy different foods give us. We will make a variety of snacks	healthy fillings. Raise awareness as to why Whole meal bread is a healthier choice.	demonstrate safe food storage and packaging.
Pathway 2	Introduction to the Food tech room Introduction to the safety and hygiene rules. Introduction to basic equipment and following simple recipes.	The Eatwell Guide Introduce The Eatwell Guide and raise awareness of a healthy diet. In depth look at the nutritional properties of each section of The Eat well Guide.	Breakfast The pupils will discuss the importance of breakfast and healthy breakfast choices and make a variety of breakfast dishes. The pupils will Investigate Food Labels with a focus on the traffic light system to learn to work out for themselves if a product is healthy or not.	Snacks We will discuss eating food for energy, particularly when replacing lost energy and topping up our energy levels. Learning how much energy different foods give us. We will make a variety of snacks	Lunch Pupils will focus on Healthy Sandwiches/ Bread based products suitable for lunch. Using a variety of healthy fillings. Raise awareness as to why Whole meal bread is a healthier choice.	Picnic Design, plan and prepare a healthy picnic for the class. Discuss and demonstrate safe food storage and packaging.
Pathway 3	Introduction to the Food tech room	The Eatwell Guide	Breakfast	Snacks	Lunch	Picnic

	Introduction to the safety and hygiene rules. Introduction to basic equipment and following simple recipes.	Introduce The Eatwell Guide and raise awareness of a healthy diet. In depth look at the nutritional properties of each section of The Eat well Guide.	The pupils will discuss the importance of breakfast and healthy breakfast choices and make a variety of breakfast dishes. The pupils will Investigate Food Labels with a focus on the traffic light system to learn to work out for themselves if a product is healthy or not.	We will discuss eating food for energy, particularly when replacing lost energy and topping up our energy levels. Learning how much energy different foods give us. We will make a variety of snacks	Pupils will focus on Healthy Sandwiches/ Bread based products suitable for lunch. Using a variety of healthy fillings. Raise awareness as to why Whole meal bread is a healthier choice.	Design, plan and prepare a healthy picnic for the class. Discuss and demonstrate safe food storage and packaging.
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Curriculum Map 2026/2027

Subject: Cooking

Year: **8**

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Pathway 1	Where food comes from – Flour Discuss where ingredients come from and if they are	Where food comes from – Vegetables Discuss seasons and seasonal food	Where food comes from – Milk and Dairy products Explain where milk comes from and how	Where food comes from – Eggs Discuss the nutritional properties of eggs and explain where they come from. Talk	Where food comes from – Meat and Fish We will discuss the nutritional	Where food comes from – Food from around the World This term will be focused on food from around the world, we will make

	from a plant or animal source. Make a variety of products using flour. Discuss the cycle of wheat, the wheat growing process and milling.	availability and harvesting. Make a range of seasonal dishes.	it can be made into other dairy products. Make a range of dishes using dairy products.	about the different ways hens can be reared (barn, caged, free range). Demonstrate the varying effects that the method of cooking has on the egg. Pupils will also grow some vegetables to be used in their cooking next term.	properties of meat and fish. We will explain where meat and fish come from – which animals are used to produce different meats and how those animals are reared. We will make the pupils aware of hygiene and safety by showing them the correct way to store and prepare meat and fish to minimise the risk of cross contamination.	pupils aware of the carbon footprint that transporting food creates. We will discuss the advantages of eating local produce and food that is in season but also show the advantages of being able to have access to a variety of foods from around the world. We will make products from ingredients that are from other countries.
Pathway 2	Where food comes from – Flour Discuss where ingredients come from and if they are	Where food comes from – Vegetables Discuss seasons and seasonal food	Where food comes from – Milk and Dairy products Explain where milk comes from and how	Where food comes from – Eggs Discuss the nutritional properties of eggs and explain where they come from. Talk	Where food comes from – Meat and Fish We will discuss the nutritional	Where food comes from – Food from around the World This term will be focused on food from around the world, we will make

	from a plant or animal source. Make a variety of products using flour. Discuss the cycle of wheat, the wheat growing process and milling.	availability and harvesting. Make a range of seasonal dishes.	it can be made into other dairy products. Make a range of dishes using dairy products.	about the different ways hens can be reared (barn, caged, free range). Demonstrate the varying effects that the method of cooking has on the egg. Pupils will also grow some vegetables to be used in their cooking next term.	properties of meat and fish. We will explain where meat and fish come from – which animals are used to produce different meats and how those animals are reared. We will make the pupils aware of hygiene and safety by showing them the correct way to store and prepare meat and fish to minimise the risk of cross contamination.	pupils aware of the carbon footprint that transporting food creates. We will discuss the advantages of eating local produce and food that is in season but also show the advantages of being able to have access to a variety of foods from around the world. We will make products from ingredients that are from other countries.
Pathway 3	Where food comes from – Flour Discuss where ingredients come from and if they are	Where food comes from – Vegetables Discuss seasons and seasonal food	Where food comes from – Milk and Dairy products Explain where milk comes from and how	Where food comes from – Eggs Discuss the nutritional properties of eggs and explain where they come from. Talk	Where food comes from – Meat and Fish We will discuss the nutritional	Where food comes from – Food from around the World This term will be focused on food from around the world, we will make

	from a plant or animal source. Make a variety of products using flour. Discuss the cycle of wheat, the wheat growing process and milling.	availability and harvesting. Make a range of seasonal dishes.	it can be made into other dairy products. Make a range of dishes using dairy products.	about the different ways hens can be reared (barn, caged, free range). Demonstrate the varying effects that the method of cooking has on the egg. Pupils will also grow some vegetables to be used in their cooking next term.	properties of meat and fish. We will explain where meat and fish come from – which animals are used to produce different meats and how those animals are reared. We will make the pupils aware of hygiene and safety by showing them the correct way to store and prepare meat and fish to minimise the risk of cross contamination.	pupils aware of the carbon footprint that transporting food creates. We will discuss the advantages of eating local produce and food that is in season but also show the advantages of being able to have access to a variety of foods from around the world. We will make products from ingredients that are from other countries.
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Curriculum Map 2026/2027

Subject: Cooking

Year: **9**

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Pathway 1	Cooking methods – Boiling and Steaming The pupils will be taught how to boil	Cooking methods – Frying and Grilling We will demonstrate the different types	Cooking methods – Roasting The pupils will learn how to roast food	Cooking methods – Microwave We will demonstrate how to safely use the	Cooking methods – Baking We will explore various baking	Cooking methods – The Great Northgate Bake Off The pupils will put their new baking skills to the test.

	and steam a variety of ingredients safely. We will discuss the advantages and disadvantages of both cooking methods. We will remind pupils of the safety aspects of using the hob.	of frying, Shallow frying, deep frying, stir frying and air frying and discuss the various advantages and disadvantages of each cooking method. We will then show the pupils how to grill food safely.	safely. We will also demonstrate how leftovers can be used to make other dishes to reduce food waste.	microwave to reheat, melt and cook food.	techniques such as whisking, creaming, melting and kneading.	They will develop and perfect a product then showcase it in the school bake off competition.
Pathway 2	Cooking methods – Boiling and Steaming The pupils will be taught how to boil and steam a variety of ingredients safely. We will discuss the advantages and disadvantages of both cooking methods. We will remind pupils of the safety	Cooking methods – Frying and Grilling We will demonstrate the different types of frying, Shallow frying, deep frying, stir frying and air frying and discuss the various advantages and disadvantages of each cooking method.	Cooking methods – Roasting The pupils will learn how to roast food safely. We will also demonstrate how leftovers can be used to make other dishes to reduce food waste.	Cooking methods – Microwave We will demonstrate how to safely use the microwave to reheat, melt and cook food.	Cooking methods – Baking We will explore various baking techniques such as whisking, creaming, melting and kneading.	Cooking methods – The Great Northgate Bake Off The pupils will put their new baking skills to the test. They will develop and perfect a product then showcase it in the school bake off competition.

	aspects of using the hob.	We will then show the pupils how to grill food safely.				
Pathway 3	Cooking methods – Boiling and Steaming The pupils will be taught how to boil and steam a variety of ingredients safely. We will discuss the advantages and disadvantages of both cooking methods. We will remind pupils of the safety aspects of using the hob.	Cooking methods – Frying and Grilling We will demonstrate the different types of frying, Shallow frying, deep frying, stir frying and air frying and discuss the various advantages and disadvantages of each cooking method. We will then show the pupils how to grill food safely.	Cooking methods – Roasting The pupils will learn how to roast food safely. We will also demonstrate how leftovers can be used to make other dishes to reduce food waste.	Cooking methods – Microwave We will demonstrate how to safely use the microwave to reheat, melt and cook food.	Cooking methods – Baking We will explore various baking techniques such as whisking, creaming, melting and kneading.	Cooking methods – The Great Northgate Bake Off The pupils will put their new baking skills to the test. They will develop and perfect a product then showcase it in the school bake off competition.



Curriculum Map 2026/2027

Subject: Cooking

Year: **10**

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Pathway 1	The Big Breakfast We will be focusing on the pupils gaining independence and	Lunches We will be focusing on the pupils gaining independence and	Soups, Starters and Sides The pupils will make a variety of side dishes and have the theory focus of	Pizza Party We will investigate the pizza market; this will include researching cost and nutritional value of	Get your 5 a Day! We will explain how the taste and texture of vegetables can be changed using the	BBQ In depth look at nutrients and micronutrients. The pupils will again

	confidence with their cooking. The pupils will prepare breakfast dishes. Introduction to AQA Unit awards We will focus on the pupils' ability to follow recipes (in written and video form and from looking at food packets) to help the pupils gain independence when cooking at home.	confidence with their cooking. We will be making a selection of lunch dishes and will discuss the advantages and disadvantages of readymade meals; this will include discussing budgeting and costing and dietary requirements.	looking at food-based careers. Pupils will work out how much the products/meals cost to make. We will explore how many similar meals are being sold at cafes/restaurants and look at how much they are being sold for and presented.	takeaway or readymade pizzas against the home-made customised pizzas that will be made by the pupils.	different cooking methods. We will demonstrate how some vegetables can be 'hidden' in dishes for fussy eaters. The 5 a day message will be reinforced and macro- and micro-nutrients discussed.	revisit the eat well guide and the 5 a day message and make a range of salads and dishes suitable to serve at a barbeque. The pupils will be reminded of hygiene and safety and the importance of washing salad items and how to avoid cross contamination.
Pathway 2	The Big Breakfast We will be focusing on the pupils gaining independence and confidence with their cooking.	Lunches We will be focusing on the pupils gaining independence and confidence with their cooking.	Soups, Starters and Sides We will be making a range of soups, starters and sides to practice and develop the pupils' cooking skills. We will	Pizza Party We will investigate the pizza market; this will include researching cost and nutritional value of takeaway or readymade pizzas	Get your 5 a Day! We will explain how the taste and texture of vegetables can be changed using the different cooking methods. We will	BBQ In depth look at nutrients and micronutrients. The pupils will again revisit the eat well guide and the 5 a

	The pupils will prepare breakfast dishes. Introduction to AQA Unit awards We will focus on the pupils' ability to follow recipes (in written and video form and from looking at food packets) to help the pupils gain independence when cooking at home.	We will be making a selection of lunch dishes and will discuss the advantages and disadvantages of readymade meals; this will include discussing budgeting and costing and dietary requirements.	focus on the important aspects of cooking for other people such as good hygiene practice and being aware of dietary requirements. We will also focus on how food is presented to make it look appetizing.	against the homemade customised pizzas that will be made by the pupils.	demonstrate how some vegetables can be 'hidden' in dishes for fussy eaters. The 5 a day message will be reinforced and macro- and micro-nutrients discussed.	day message and make a range of salads and dishes suitable to serve at a barbeque. The pupils will be reminded of hygiene and safety and the importance of washing salad items and how to avoid cross contamination.
Pathway 3	The Big Breakfast We will be focusing on the pupils gaining independence and confidence with their cooking.	Lunches We will be focusing on the pupils gaining independence and confidence with their cooking.	Soups, Starters and Sides We will be making a range of soups, starters and sides to practice and develop the pupils' cooking skills. We will focus on the	Pizza Party We will investigate the pizza market; this will include researching cost and nutritional value of takeaway or readymade pizzas against the home-made customised	Get your 5 a Day! We will explain how the taste and texture of vegetables can be changed using the different cooking methods. We will demonstrate how some vegetables	BBQ In depth look at nutrients and micronutrients. The pupils will again revisit the eat well guide and the 5 a day message and

	The pupils will prepare breakfast dishes. Introduction to AQA Unit awards We will focus on the pupils' ability to follow recipes (in written and video form and from looking at food packets) to help the pupils gain independence when cooking at home.	We will be making a selection of lunch dishes and will discuss the advantages and disadvantages of readymade meals; this will include discussing budgeting and costing and dietary requirements.	important aspects of cooking for other people such as good hygiene practice and being aware of dietary requirements. We will also focus on how food is presented to make it look appetizing.	pizzas that will be made by the pupils.	can be 'hidden' in dishes for fussy eaters. The 5 a day message will be reinforced and macro- and micro-nutrients discussed.	make a range of salads and dishes suitable to serve at a barbeque. The pupils will be reminded of hygiene and safety and the importance of washing salad items and how to avoid cross contamination.
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Curriculum Map 2026/2027

Subject: Cooking

Year: **11**

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Pathway 1	Master Chef The pupils will be developing a product to sell at the Macmillan	Potatoes This term's focus is on main meals based on starchy foods; we will make	Rice This term will focus on rice dishes. We will revisit the 8 tips for healthy eating and	Pasta This term's focus is on main meals based on starchy foods and we will be cooking	Pudding This term is a very difficult and stressful time for our year 11 pupils,	Leavers Cake Finale We will make a special leavers cake to celebrate

	coffee morning then will compete to be Northgate's Master Chef	a variety of dishes using potatoes. We will lightly recap how and where potatoes are grown, but the focus will be on how they can be cooked and their nutritional value. We will continue to discuss food safety and cross contamination, allergy awareness and dietary needs.	reinforce the base your meals on starchy foods message. Cooking rice repetitively will make the pupils confident in their ability to do this independently for themselves. The pupils will learn about different types of rice and ways of cooking it. We will also focus on food storage. Pupils will learn which foods belong in the fridge/freezer/cupboard and when this may change. They will also learn about where in the fridge things should be kept to avoid cross contamination	different pasta dishes. We will discuss the different types of pasta and explain that it is a cheap and easy to cook food that can be used to make a huge variety of dishes. The pupils will continue to learn about and recap food storage and how to avoid cross contamination. We will talk about shopping and independent living; what ingredients are useful to keep in the cupboard. We will discuss the difference between use by dates and best before dates.	many will be taking part in GCSE exams, and all will be very focused on change and moving on. For this reason, we have a term based on puddings and desserts, to keep pupils interested, motivated and regulated.	the pupils' time at Northgate.
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Pathway	Master Chef	Potatoes	Rice	Pasta	Pudding	Leavers Cake Finale
2	The pupils will be developing a product to sell at the Macmillan coffee morning then will compete to be Northgate's Master Chef	This term's focus is on main meals based on starchy foods; we will make a variety of dishes using potatoes. We will lightly recap how and where potatoes are grown, but the focus will be on how they can be cooked and their nutritional value. We will continue to discuss food safety and cross contamination, allergy awareness and dietary needs.	This term will focus on rice dishes. We will revisit the 8 tips for healthy eating and reinforce the base your meals on starchy foods message. Cooking rice repetitively will make the pupils confident in their ability to do this independently for themselves. The pupils will learn about different types of rice and ways of cooking it. We will also focus on food storage. Pupils will learn which foods belong in the fridge/freezer/cupboard and when this	This term's focus is on main meals based on starchy foods and we will be cooking different pasta dishes. We will discuss the different types of pasta and explain that it is a cheap and easy to cook food that can be used to make a huge variety of dishes. The pupils will continue to learn about and recap food storage and how to avoid cross contamination. We will talk about shopping and independent living;	This term is a very difficult and stressful time for our year 11 pupils, many will be taking part in GCSE exams, and all will be very focused on change and moving on. For this reason, we have a term based on puddings and desserts, to keep pupils interested, motivated and regulated.	We will make a special leavers cake to celebrate the pupils' time at Northgate.

			may change. They will also learn about where in the fridge things should be kept to avoid cross contamination	what ingredients are useful to keep in the cupboard. We will discuss the difference between use by dates and best before dates.		
Pathway 3	Master Chef The pupils will be developing a product to sell at the Macmillan coffee morning then will compete to be Northgate's Master Chef	Potatoes This term's focus is on main meals based on starchy foods; we will make a variety of dishes using potatoes. We will lightly recap how and where potatoes are grown, but the focus will be on how they can be cooked and their nutritional value. We will continue to discuss food safety and cross contamination, allergy awareness and dietary needs.	Rice This term will focus on rice dishes. We will revisit the 8 tips for healthy eating and reinforce the base your meals on starchy foods message. Cooking rice repetitively will make the pupils confident in their ability to do this independently for themselves. The pupils will learn about different types of rice and ways of cooking it.	Pasta This term's focus is on main meals based on starchy foods and we will be cooking different pasta dishes. We will discuss the different types of pasta and explain that it is a cheap and easy to cook food that can be used to make a huge variety of dishes. The pupils will continue to learn	Pudding This term is a very difficult and stressful time for our year 11 pupils, many will be taking part in GCSE exams, and all will be very focused on change and moving on. For this reason, we have a term based on puddings and desserts, to keep pupils interested, motivated and regulated.	Leavers Cake Finale We will make a special leavers cake to celebrate the pupils' time at Northgate.

			We will also focus on food storage. Pupils will learn which foods belong in the fridge/freezer/cupboard and when this may change. They will also learn about where in the fridge things should be kept to avoid cross contamination	about and recap food storage and how to avoid cross contamination. We will talk about shopping and independent living; what ingredients are useful to keep in the cupboard. We will discuss the difference between use by dates and best before dates.		
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