



Skills

FOR LIFE

Food

FOR LIFE

AFTER SCHOOL WORKSHOP COURSE OUTLINE

The After School Workshop to commence at approximately 3.20pm until 4.30pm. Once a week, for 5- 6 weeks, to cost approx. £6.00 per person.

COURSE OBJECTIVES

By the end of the course each pupil should be able to:

- 1 Follow a recipe with accuracy and apply different cooking methods with confidence.
- 2 Adapt recipes to suit individual tastes and requirements
- 3 Safely and effectively use a range of kitchen equipment, tools and utensils
- 4 Accurately weigh and measure ingredients.
- 5 Chop, Peel and prepare ingredients correctly.
- 6 Demonstrate a range of cookery skills by making a selection of family meals or dishes.
- 7 Work safely in the kitchen following Health and Safety procedures.
- 8 Learn basic Food Hygiene in the kitchen.
- 9 Be aware of nutrition, new foods and healthy options when cooking.