



Olive Academies

# Home Cooking Journey

Thurrock & Havering

## The purpose of the Home Cooking curriculum:

This unit aims to give learners the knowledge, the skills and confidence to enjoy cooking meals at home. Learners will gain understanding of how to economise when planning meals to cook at home. The unit will encourage learners to transfer skills learnt to other recipes to continue cooking for themselves and their families and to inspire others by passing on their knowledge. The unit is based on the proposition that being able to cook is an essential life skill which empowers people to make changes that have benefits to health and wellbeing.

Learners will be introduced to basic cooking skills by following recipes for simple dishes and learning how kitchen equipment safely. Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety where relevant.

Students will demonstrate their skills by following a recipe and learn the value of acquiring for cooking at home and explore ways to pass their knowledge on to others.

