Cooking and Hospitality Road Map

Support and Nurture pathway: Asdan Towards Independence

Start

- Introduction to the Kitchen
- Baseline Assessment: Safety
- Building confidence and self-awareness

Inspire pathway: Asdan Foodwise

- Learning about food groups
- Make healthy food choices
- Communication and following instructions
- Choosing balanced meals

- Using money and calculating costs
- Understanding the Eatwell Guide
- Baking cakes and traybakes
- Homemade fish finger sandwich
- Nutrition awareness
- Beef and blackbean
- Broaden students palates
- Chicken Stroganoff
- Confidence with cooking

Empower pathway: Patisserie

- Strawberry Tart
- Learn the foundations of baking
- Pastry skills
- Profiteroles
- Finishing techniques
- Brioche
- Enriched dough
- Quality points
- Celebration cakes

Empower pathway: Homecooking

- Stir Fry
- Learn how to budget
- Chicken fajitas
- Functions of the Eatwell guide
- Use food safety practices
- Spaghetti Bolognese
- Apple crumble

Empower pathway: Food Production

- Cooking methods: boiling, baking, grilling, roasting, steaming
- Grilled port with sweet and sour pork
- Mousse cake
- Understanding different roles within a kitchen
- Sirloin steak with peppercorn steak

Empower pathway: Hospitality

- Dietary groups in society and nutritional requirements
- Chimney cake
- Assure quality of commodities to be used in food preparation
- Piri Piri Chicken
- Food Hygiene legislation
- Gazpacho
- Explain how cooking methods impact on nutritional value