# Strand 6 -Kitchen Skills LTP

Throughout the year, learners will have opportunities to generalise and apply the kitchen skills taught at Vale of Evesham within a practical food preparation environment, supporting their Preparation for Adulthood outcomes. Sessions will focus on developing good hygiene practices, safe food handling, and food preparation techniques, enabling learners to work confidently, responsibly, and independently in a kitchen setting. Learners will be encouraged to choose suitable recipes and snacks from available ingredients, helping them to develop decision-making, problem-solving, planning, and organisational skills that are essential for independent living.

Learners will gain experience in selecting and using a range of kitchen tools and equipment appropriately and safely, while developing an understanding of risk awareness and personal responsibility. Through preparing and cooking food, they will practise a variety of cooking methods, learn about healthy eating, and develop an understanding of nutrition and making informed food choices. Opportunities will be provided to follow instructions, measure ingredients, manage time, and adapt to changes when ingredients or resources are unavailable, promoting flexibility and resilience.

The programme will also focus on communication and social skills, as learners work alongside peers and staff, share responsibilities, ask for support when needed, and contribute to group decision-making. Clearing up routines, including washing up, cleaning work surfaces, storing equipment safely, and maintaining an organised environment, will encourage responsibility, independence, and pride in their work.

These experiences will help learners develop the practical life skills needed for greater independence at home, in supported living environments, further education, volunteering opportunities, and future employment. By building confidence, self-esteem, and the ability to complete everyday tasks with increasing independence, learners will be better prepared for adult life and active participation in their communities.

| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---|---|---|---|---|---|
| Preparing Cold Foods and Healthy Snacks | Breakfast and brunch | Lunches | Easy meals | Budget-Friendly Cooking and Batch Preparation | Independent Meal Planning and Entertaining<br>A chance to celebrate and highlight the skills gained with others. |