

Session 60 mins	Cooking Activity/Recipe	Cooking Skills Developed	Links to Curriculum Themes	Links to Growing	Preparation required	Health & Safety
<b>1 Early Autumn Term</b>	Week 1- Hygiene Hedgehog bread	Shaping Mix/stir Spoon Measure Snip	Autumn Hibernation Maths: weighing of ingredients	Preparing our vegetable garden.	Gather Ingredients and equipment.	Check allergies Tie hair back, wash hands and wear aprons. Supervise children when snipping dough.
	TastEd focus- Our senses and our five basic tastes.					
<b>2 Late Autumn Term</b>	Pumpkin soup	Mix/stir Spoon Measure Cut	Autumn Halloween Harvest H&S: Uses one-handed tools and equipment	Harvest pumpkin	Gather Ingredients and equipment.	Check allergies Tie hair back, wash hands, put on safety gloves and wear aprons. Supervise children when chopping.
	Fruit rockets	Cut Pull Peel	Bonfire night H&S: Uses one-handed tools and equipment	Winter digging to prepare soil.	Gather Ingredients and equipment.	Check allergies Tie hair back, wash hands, and wear aprons. Supervise children when chopping.
	Vegetable curry Food tasting	Cut Peel Mix/Stir Measure Tear	Diwali UTW: Being aware of other cultures and celebrations	Harvest carrots, cauliflower, cabbage and potatoes	Gather Ingredients and equipment	Check allergies Tie hair back, wash hands, put on safety gloves and wear aprons. Supervise children when chopping.
	Neeps and tatties	Cut Peel Crush Mix/Stir	St Andrews day UTW: Being aware of other cultures and celebrations	Harvest potatoes	Gather Ingredients and equipment	Check allergies Tie hair back, wash hands, put on safety gloves and wear aprons. Supervise children when chopping.
	Mince pies	Measure Spoon Shape Cut out	Christmas Maths: weighing of ingredients UTW: Being aware of other cultures and celebrations		Gather Ingredients and equipment	Check allergies Tie hair back, wash hands, and wear aprons.
TastEd focus- Our senses and our five basic tastes.						

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<b>3 Early Spring Term</b>	Smoothie ice lollies - Winter- melting/freezing	Crush Mix/Stir Spoon Cut	Winter UTW: Seasonal change	Plant vegetables; monitor growth.	Gather Ingredients and equipment	Check allergies Tie hair back, wash hands, and wear aprons. Supervise children when chopping.
	Ice cream	Measure Spoon	Winter UTW: Seasonal change		Gather Ingredients and equipment	Check allergies Tie hair back, wash hands, and wear aprons.
	Winter soup	Peel Mix/Stir Spoon Cut Measure Tear	Winter H&S: Uses one-handed tools and equipment	Harvest carrots, brussels, cabbage and cauliflower	Gather Ingredients and equipment	Check allergies Tie hair back, wash hands, put on safety gloves and wear aprons. Supervise children when chopping
	Chinese stir fry	Cut Mix/Stir Peel Measure	Chinese New Year UTW: Being aware of other cultures and celebrations H&S: Uses one-handed tools and equipment	Talk about where the vegetables come from	Gather Ingredients and equipment	Check allergies Tie hair back, wash hands, put on safety gloves and wear aprons. Supervise children when chopping.
	Porridge	Mix/Stir Measure	Storytelling week- Goldilocks and the Three Bears Maths: weighing of ingredients		Gather Ingredients and equipment	Check allergies Tie hair back, wash hands and wear aprons.
	Numicon biscuits	Cut Measure Cut out Shape Mix/Stir	Maths week Maths: weighing of ingredients H&S: Uses one-handed tools and equipment		Gather Ingredients and equipment	Check allergies Tie hair back, wash hands and wear aprons.
	Cheese straws	Measure Shape Mix/Stir Cut out	Superworm Maths: weighing of ingredients		Gather Ingredients and equipment	Check allergies Tie hair back, wash hands and wear aprons.
TastEd focus- Our senses and our five basic tastes.						

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4 Late Spring Term	Spring onion and potato soup	Mix/stir Spoon Measure Cut	Land Before Time	Harvest our spring onions	Order and prepare ingredients and equipment	Check allergies
			Understanding the World: what nutrients come from different foods?	Visit the polytunnel and our vegetable gardens		Remove rings, tie back hair, wash hands, wear aprons
TastEd focus- Exploring the sense of Hearing and the disruption to our taste experience						
5 Early Summer Term	Jumping bean couscous salad	Tear Rinse Drain Mix/stir Spoon Squeeze	It's a Bug's Life	Pick parsley from our herb garden	Order and prepare ingredients and equipment	Check allergies
			Moving and Handling: fine motor	Monitor the growth of our crops		Remove rings, tie back hair, wash hands, wear aprons
TastEd focus- Tastes from all over the world						
6 Late Summer Term	Scones for the summer fete	Spoon Measure Mix Shape	Down on the Farm	Pick different herbs to flavour our scones	Order and prepare ingredients and equipment	Check allergies
			Maths: How many scones have we made. How much will we raise at the school fete if we sell the scones for 50p each?	Monitor the growth of our crops		Remove rings, tie back hair, wash hands, wear aprons
Flavour School Focus - THE FUN FINALE						