

Session 60 mins	Cooking Activity/Recipe	Cooking Skills Developed	Links to Curriculum Themes	Links to Growing	Preparation required	Health & Safety
1 Early Autumn Term	Fruit salad Week 1- Hygiene	Peeling Bridge knife technique Pull fruit to pick it. Arranging ingredients	Me, Myself and I Understanding of the World: the needs of humans Seasonal changes and when different fruits grow and where in the world Art: fruit painting Maths: sharing of the fruit	Explore our vegetable garden. What do we grow? Explore the school orchard. Taste the different varieties of apple Where have the fruits we used come from? Plant bulbs in FS2 area Harvest carrots and beetroots	Order and prepare ingredients and equipment	Check allergies Remove rings, tie back hair, wash hands, wear aprons Supervise children when using knives Children to wear safety glove when cutting
	TastEd focus- Introduce the senses					
2 Late Autumn Term	Twisted Bread	Shaping Mix/stir Spoon Measure	Once Upon a Time... Understanding the world: taking safety precautions How the dough changes when heat is added Moving and Handling: fine motor skills Literacy: links to traditional tales	Where does flour come from? Winter digging to prepare the soil	Order and prepare ingredients and equipment	Check allergies Remove rings, tie back hair, wash hands, wear aprons Supervise children when cooking bread
	TastEd focus-Sapere Focus: Collaboration between the tastes and exploring the sense of Smell					
3 Early Spring Term	Beetroot Hummus	Cut Peel Crush Mix/Stir Measure Spoon	Out of This World! Understanding the world: Which part of the plant is a beetroot? What other parts do plants have? Record making the hummus using an iPad Moving and Handling: fine motor skills Maths: using the language of shape, space and measure	Plant vegetables, fruit, and herb seeds What will the seeds need to grow? Monitor growth	Order and prepare ingredients and equipment	Check allergies Remove rings, tie back hair, wash hands, wear aprons Supervise children when using knives Children to wear safety glove when cutting
	TastEd focus- Exploring the senses of Sight and Touch					

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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
Literacy: design our own soup and write instructions of how to make it						
Monitor the growth of our crops						
Children to wear safety glove when cutting						
Supervise children when using the hob						
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
Understanding the world: what does couscous start like?						
What does boiling water do to couscous?						
Ensure our crops have enough water						
Supervise children when using the boiling water						
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
Literacy - making posters to advertise our scones						
Understanding the world: what Is the difference between sweet and savory?						
How does the mixture change when we add milk?						
Why do the scones rise in the oven?						
Harvest any crops that are ready						
Supervise children when using the oven						
Flavour School Focus - THE FUN FINALE						