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<th>Cooking Skills Developed</th>
<th>Links to Curriculum Themes</th>
<th>Links to Growing</th>
<th>Preparation required</th>
<th>Health &amp; Safety</th>
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| **1 Early Autumn Term** | Gingerbread people | Weighing  
Food Hygiene | Measuring  
Sifting  
Whisking  
Mix and stir  
Shape - rolling  
Decorate and arrange | Houses and Homes  
Gingerbread man story – writing instructions.  
TastEd work about senses | How to grow ginger  
Where are cherries grown?  
Where do eggs come from?  
How is flour made? | Order ingredients  
Gather equipment:  
Weighing scales  
Baking tray  
Bowls  
Sieve  
Fork  
Saucepan  
Measuring spoons  
Hob  
Wooden spoon  
Rolling pin  
Flour dredger  
Biscuit cutters  
Oven gloves  
Cooling rack | Check allergies  
Eggs, dairy, wheat, gluten. |
| **2 Late Autumn Term** | Soda Bread with lemon and rosemary | Weighing  
Shaping dough  
Kneading  
Snipping herbs  
Juicing  
Mixing  
Stirring | Houses and Homes  
Fairy stories involving bread  
TastEd work about smell of bread | Cut Rosemary from the garden  
Where do lemons come from?  
How is flour made? | Order ingredients  
Pick rosemary  
Gather equipment:  
Bowls  
Weighing scales  
Sieve  
Jugs  
Baking tray  
Knives  
Oven gloves  
Cooling rack  
Juicer  
Cut herbs | Check allergies  
Wheat, gluten, milk, citrus |
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<td><strong>3 Early Spring Term</strong></td>
<td>‘Squash it’ Sandwich Am I full? Exploring the sensation of hunger/ feeling full</td>
<td>Spread Slice Tear Snip Cut Measure Spoon Peel Grate</td>
<td>The Secret Garden Hungry Caterpillar - feeling full. Can we design him a healthy meal?</td>
<td>How do radishes grow? What herbs grow in our garden? Which part of the carrot plant do we eat?</td>
<td>Order ingredients Gather equipment: Chopping board Knife Bowl Tea spoon Tea towel Rolling pin Measuring cups Scissors</td>
<td>Check allergies Gluten, Dairy</td>
</tr>
<tr>
<td><strong>4 Late Spring Term</strong></td>
<td>Secret Garden Salad (stripy salad pots) What grows above/ under the ground?</td>
<td>Cut - bridge knife Peeling Arranging Grating Spoon Measuring</td>
<td>The Secret Garden Secrets of the Vegetable Garden by Carron Brown What grows above/ under the ground? Write a growing diary of our radishes</td>
<td>Where and how to vegetables grow? What part of vegetables do we eat? What do vegetables need to grow?</td>
<td>Order ingredients Gather equipment: Chopping board Grater Plate Vegetable knife Peeler Scissors Plastic cups</td>
<td>Check allergies Dairy</td>
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<tr>
<td><strong>5 Early Summer Term</strong></td>
<td>Fruit kebabs - one with foods grown in the UK and one from abroad Local vs imported- why can’t we grow everything here in the UK?</td>
<td>Cut Thread Arrange Peel</td>
<td>Beside the Seaside Design a healthy picnic for the seaside trip Links to TastEd – different tastes from all over the world</td>
<td>Where do different fruits come from? What do we grow locally? How can we make food presentable?</td>
<td>Order ingredients Gather equipment: Skewers Chopping board Knife</td>
<td>Check allergies Citrus</td>
</tr>
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TastEd focus - Exploring the sense of sight - Exploring the sense of touch

TastEd focus - Exploring the sense of hearing - Disruption to our taste experience

TastEd focus - Tastes from all over the world
## Food Glorious Food – Cooking Scheme of work for KS1 2019-20

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<tr>
<td>3 Early Spring Term</td>
<td>Smoothie ice lollies Healthy choices – be sugar smart</td>
<td>Peel Chop Juice Blend Stir and mix Spoon Measure</td>
<td>Beside the Seaside What do we eat at the seaside? What foods keep us cool? Explore food chains of humans and animals</td>
<td>Who eats fruit? What different ways can we eat fruit? What foods are dependent on the seasons? How can we make healthy choices and be sugar smart?</td>
<td>Order ingredients Gather equipment: Knife Chopping board Blender Jug Spoon Lollipop molds</td>
<td>Check allergies Fruit, dairy</td>
</tr>
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TastEd focus - The Fun Finale