

Session 60 mins	Cooking Activity/ Recipe	Cooking Skills Developed	Links to Curriculum Themes	Links to Growing	Preparation required	Health & Safety
1 Early Autumn Term	Gingerbread people Food Hygiene	Weighing 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.
	TastEd focus - Our senses - The five basic tastes					
2 Late Autumn Term	Soda Bread with lemon and rosemary Soil composition, composting and wormery	Weighing Measuring Sifting Shaping dough Kneading Snipping herbs Juicing Mixing Stirring	Houses and Homes Fairy stories involving bread TastEd work about smell of bread Homes for insects - wormery	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
	TastEd focus - Collaboration between the tastes - Exploring the sense of smell					

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3 Early Spring Term	'Squash it' Sandwich Am I full? Exploring the sensation of hunger/ feeling full	Spread Slice Tear Snip Cut Measure Spoon Peel Grate	The Secret Garden Hungry Caterpillar - feeling full. Can we design him a healthy meal?	How do radishes grow? What herbs grow in our garden? Which part of the carrot plant do we eat?	Order ingredients Gather equipment: Chopping board Knife Bowl Tea spoon Tea towel Rolling pin Measuring cups Scissors	Check allergies Gluten, Dairy
	TastEd focus - Exploring the sense of sight - Exploring the sense of touch					
4 Late Spring Term	Secret Garden Salad (stripy salad pots) What grows above/ under the ground?	Cut - bridge knife Peeling Arranging Grating Spoon Measuring	The Secret Garden Secrets of the Vegetable Garden by Carron Brown What grows above/ under the ground? Write a growing diary of our radishes	Where and how to vegetables grow? What part of vegetables do we eat? What do vegetables need to grow?	Order ingredients Gather equipment: Chopping board Grater Plate Vegetable knife Peeler Scissors Plastic cups	Check allergies Dairy
	TastEd focus - Exploring the sense of hearing - Disruption to our taste experience					
5 Early Summer Term	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?	Cut Thread Arrange Peel	Beside the Seaside Design a healthy picnic for the seaside trip Links to TastEd – different tastes from all over the world	Where do different fruits come from? What do we grow locally? How can we make food presentable?	Order ingredients Gather equipment: Skewers Chopping board Knife	Check allergies Citrus
	TastEd focus - Tastes from all over the world					

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3 Early Spring Term	Smoothie ice lollies	Peel Chop Juice Blend Stir and mix Spoon Measure	Beside the Seaside What do we eat at the seaside? What foods keep us cool? Explore food chains of humans and animals	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?	Order ingredients Gather equipment: Knife Chopping board Blender Jug Spoon Lollipop molds	Check allergies Fruit, dairy
	TastEd focus - The Fun Finale					