

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>	<p>Week 1: Food hygiene lesson (PPA)</p> <p>Weeks 2-5: What a healthy diet is? Packed lunches and snacks,</p> <p>PPA- exploring foods that were typically eaten in Egyptian times</p>	<p>Press- garlic</p> <p>Measure- ingredients</p> <p>Shape and mould- falafel (Taameyya)</p> <p>Mix/stir- ingredients for bread (kneading of bread- build upon skills from KS1)</p>	<p>Walk like an Egyptian: Ancient Egyptians- what foods did they eat?</p> <p>What is Egyptian cuisine like and how does it compare to our cuisine?</p>	Planting- leeks	<p>Order ingredients</p> <p>Prepare ingredients and equipment</p> <p>Plant leeks</p>	<p>Check allergies</p> <p>Long hair to be tied back</p> <p>Aprons to be worn when cooking</p> <p>Jewellery removed</p> <p>Safety glove to be worn when cutting</p>
<b>2 Late Autumn Term</b>	<p>Cooking: kebabs and designing your own kebab sticks (fruit in PPA)</p> <p>PPA- trying different Egyptian foods through senses</p>	<p>Threading- onto a skewer</p> <p>Cutting- vegetables onto the skewer</p> <p>Peel- vegetables</p> <p>Cooking: jam/ preserve or chutney and savory biscuits</p> <p>Press- garlic</p> <p>Cutting- peppers</p> <p>Spooning- into jars</p> <p>Cut out- biscuits to go with chutney</p>	<p>Walk like an Egyptian: Preserving- linking to how mummies were preserved and their organs in canopic jars</p> <p>What is Egyptian cuisine like and how does it compare to our cuisine?</p> <p>Maths- measurement/adding and subtracting</p>	<p>Winter digging to prepare the soil</p> <p>Plant vegetables needed for later in the year and harvest those ready</p>	<p>Order ingredients</p> <p>Prepare ingredients and equipment</p> <p>Make Jam</p>	<p>Check allergies</p> <p>Long hair to be tied back</p> <p>Aprons to be worn when cooking</p> <p>Jewellery removed</p> <p>Safety glove to be worn when cutting</p>
<b>3 Early Spring Term</b>	<p>Vegetable garden planning</p> <p>PPA- looking at where eggs come from (why do some eggs have the lion stamp and exploring what it means to be free-range).</p> <p>Investigate foods that are free range and explore organic foods</p> <p>Cooking: pancakes</p>	<p>Cooking pancakes</p> <p>Spreading- topping on pancake</p> <p>Mix- ingredients together</p> <p>Cooking: leek frittata with bacon (chives)</p> <p>Mixing- ingredients</p> <p>Spooning- into baking cases</p> <p>Snipping- chives</p>	<p>Circle of life: Life cycle of chickens beginning as an egg</p> <p>Story: The giant pancake</p> <p>Growing of plants (life cycles)</p> <p>Maths- measurement</p> <p>Global dimension- exploring what makes food free range</p>	Plant herbs (mint and coriander), peas and courgettes, carrots and potatoes; monitor growth for use in the summer term	<p>Order ingredients</p> <p>Prepare ingredients and equipment</p>	<p>Check allergies</p> <p>Long hair to be tied back</p> <p>Aprons to be worn when cooking</p> <p>Jewellery removed</p> <p>Safety glove to be worn when cutting</p>

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<b>4 Late Spring Term</b>	<p>Hatch chicken eggs (Rand farm)</p> <p>Farm visits</p> <p>Animal welfare / crop rotation</p> <p>PPA- where food comes from looking at meat and crops around the world.</p> <p>PPA- Lincolnshire day- research and trying food from Lincolnshire</p> <p>Cooking: plum bread with poacher cheese</p>	<p>Cooking: Plum bread with poacher cheese</p> <p>Grate: Poacher cheese</p> <p>Moulding- into a shaped loaf tin</p> <p>Mix- ingredients</p>	<p>Circle of life: Exploring local foods and produce- which foods are local to Lincolnshire?</p> <p>Maths- measurement/ adding and subtracting</p> <p>Food miles</p>	<p>Sapere method of tasting of different foods and exploring through our senses.</p>	<p>Order ingredients</p> <p>Prepare ingredients and equipment</p>	<p>Check allergies</p> <p>Long hair to be tied back</p> <p>Aprons to be worn when cooking</p> <p>Jewellery removed</p> <p>Safety glove to be worn when cutting</p>
<b>5 Early Summer Term</b>	<p>Cooking: pizzas</p>	<p>Cooking: pizza oven</p> <p>Spread- Tomatoes over base</p> <p>Cutting- toppings</p> <p>Arrange- make pizzas attractive to the eye</p>	<p>Extreme Earth: Geography- where the ingredients come from and exploring Italian cuisine</p> <p>Maths - fractions</p>	<p>Harvest vegetables and herbs required for pizza making</p>	<p>Order ingredients</p> <p>Prepare ingredients and equipment</p>	<p>Check allergies</p> <p>Long hair to be tied back</p> <p>Aprons to be worn when cooking</p> <p>Jewellery removed</p> <p>Safety glove to be worn when cutting</p>
<b>6 Late Summer Term</b>	<p>Cooking: pasta</p> <p>PPA- Honey tasting: How Is honey made?</p> <p>Visiting our hives</p> <p>Design a label for the honey jars</p>	<p>Cooking: Pasta</p> <p>Make own pasta and serve with a sauce using herbs from the herb garden</p> <p>Cooking- fire pit</p> <p>Fish wrapped in tinfoil with ginger</p>	<p>Extreme Earth: Lack of fish due to overfishing and the effects this has</p> <p>Maths- weight/measurement</p> <p>Global dimensions- where the fish comes from, sustainability and fish farms (links to this year's facetime a farmer)</p>	<p>Use home grown vegetables and herbs from the school including those that LKS2 has grown.</p>	<p>Order ingredients</p> <p>Prepare ingredients and equipment</p> <p>Collect honey</p>	<p>Check allergies</p> <p>Long hair to be tied back</p> <p>Aprons to be worn when cooking</p> <p>Jewellery removed</p> <p>Safety glove to be worn when cutting</p>