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<th>Session 60 mins</th>
<th>Cooking Activity/Recipe</th>
<th>Cooking Skills Developed</th>
<th>Links to Curriculum Themes</th>
<th>Links to Growing</th>
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| **1 Early Autumn Term** | Food education: Food hygiene- focusing on food preparation and storage  
Cooking: Mini meatballs in tomato sauce | Peel - prepping the vegetables  
Grating - carrots, courgettes and butternut squash.  
Mixing - meat with the herbs  
Chopping - vegetables using bridge and claw technique  
Shaping and moulding - the mince mix in the shape of meatballs  
Snipping - herbs to season  
Arranging - presentation of the meal  
Measuring - amounts of each ingredient needed | Moondial  
Belton House had a large kitchen garden and Moondial is set there which is the focus of our theme. | Harvesting root vegetables. | Order ingredients  
Pick ingredients from school garden.  
Prepare ingredients and equipment. | Check allergies  
Remove rings, tie back hair, wash hands, wear apron, wear knife protective gloves when using knives. |
| **2 Late Autumn Term** | Food education: Food poverty and waste  
Cooking: Potato Rosti | Grating - range of vegetables  
Mixing - ingredients together  
Measuring - herbs, garlic  
Spooning - gauge quantities to ensure an equal amount  
Snipping - spring onions  
Peeling - potatoes and onions  
Chopping - bridge technique to chop potatoes in half before grating  
Folding - mixing and stirring the ingredients together | Moondial  
Belton House had a large kitchen garden and Moondial is set there which is the focus of our theme. | Using vegetables and herbs from the garden.  
Allowing the children to learn about left overs to reduce waste linking to food education focus. | Pick herbs from the herb garden.  
Speak to Chef about the food left over and any excess in the kitchen we can use. | Check allergies  
Remove rings, tie back hair, wash hands, wear apron, wear knife protective gloves when using knives. |
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| **3 Early Spring Term** | Food education: Designing and planning a kitchen garden  
Cooking:  
Stir fry - Chinese new year | Peel - with a swivel peel to create food ribbons to be used in a dish. Mix and stir - adding additional seasonings etc. Folding - mixing the ingredients together  
Measuring the ingredients  
Grating - ginger and garlic to season  
De-seeding - peppers that are being used in the recipe | Forbidden City  
Links to China and the celebration of Chinese New Year. Studying traditional Chinese meals, cuisine and celebrations. | Planning the seeds to be used in the next planting cycle - considering crop rotation. | Order ingredients. Pick ingredients from school garden. Prepare ingredients and equipment. | Check allergies  
Remove rings, tie back hair, wash hands, wear apron, wear knife protective gloves when using knives. |
| **4 Late Spring Term** | Food education: Organic food  
Cooking:  
Chinese Coleslaw | Peeling - vegetables and apple  
Mixing and stirring - ingredients together  
Measuring using a spoon  
Chopping - using bridge and claw techniques  
Grating - ingredients into smaller pieces | Forbidden City  
Links to our theme focusing on China and the flavours and spices used traditionally in Chinese recipes.  
Ingredients will be of an organic nature to tie into our food education focus. | Using herbs from the herbs garden.  
Planting vegetables in the school allotments and poly-tunnel. | Order ingredients. Pick ingredients from school garden. Prepare ingredients and equipment. | Check allergies  
Remove rings, tie back hair, wash hands, wear apron, wear knife protective gloves when using knives. |
| **5 Early Summer Term** | Food education: Fairtrade  
Cooking:  
Greek salad with a dressing | Chopping - vegetables, feta and herbs  
Measuring - liquids for the dressing  
Drizzling - dressing over the salad  
Arranging - carefully arranging ingredients to ensure it looks appealing | Groovy Greeks  
Using traditional Greek foods including feta and olives to provide new taste experiences for the children. | Plant and grow cress and salad leaves  
Harvesting salad ingredients  
Using herbs from the herb garden to go into the dressing | Ensure cress and salad leaves are planted prior to lessons. Pick vegetables and salad. Collect herbs. Order any other ingredients needed  
Prepare ingredients and equipment. | Check allergies  
Remove rings, tie back hair, wash hands, wear apron, wear knife protective gloves when using knives. |
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<td>6 Late Summer Term</td>
<td>Food education: Fairtrade Cooking: Souvlaki - pork and vegetable kebabs and pitta</td>
<td>Peeling - vegetables Cutting/Cutting - vegetables and meat Threading - put the food onto the kebab sticks Measuring - liquid needed for pitta breads</td>
<td>Groovy Greeks A traditional Greek recipe linking to our theme which is Groovy Greeks.</td>
<td>Pick tomatoes, peppers and onions for the recipe. Planting seeds ready for the next academic year.</td>
<td>Order wooden kebab sticks Order ingredients. Pick ingredients from school garden. Prepare ingredients and equipment.</td>
<td>Check allergies Remove rings, tie back hair, wash hands, wear apron, wear knife protective gloves when using knives. Check the fire pit and pizza oven are both clear and safe.</td>
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