

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>Food education: Food hygiene- focusing on food preparation and storage</p> <p>Cooking: Mini meatballs in tomato sauce</p>	<p>Peel - prepping the vegetables</p> <p>Grating - carrots, courgettes and butternut squash.</p> <p>Mixing - meat with the herbs</p> <p>Chopping - vegetables using bridge and claw technique</p> <p>Shaping and moulding - the mince mix in the shape of meatballs</p> <p>Snipping - herbs to season</p> <p>Arranging - presentation of the meal</p> <p>Measuring - amounts of each ingredient needed</p>	<p>Moondial</p> <p>Belton House had a large kitchen garden and Moondial is set there which is the focus of our theme.</p>	<p>Harvesting root vegetables.</p>	<p>Order ingredients</p> <p>Pick ingredients from school garden.</p> <p>Prepare ingredients and equipment.</p>	<p>Check allergies</p> <p>Remove rings, tie back hair, wash hands, wear apron, wear knife protective gloves when using knives.</p>
<b>2 Late Autumn Term</b>	<p>Food education: Food poverty and waste</p> <p>Cooking: Potato Rosti</p>	<p>Grating - range of vegetables</p> <p>Mixing - ingredients together</p> <p>Measuring - herbs, garlic</p> <p>Spooning - gauge quantities to ensure an equal amount</p> <p>Snipping - spring onions</p> <p>Peeling - potatoes and onions</p> <p>Chopping - bridge technique to chop potatoes in half before grating</p> <p>Folding - mixing and stirring the ingredients together</p>	<p>Moondial</p> <p>Belton House had a large kitchen garden and Moondial is set there which is the focus of our theme.</p>	<p>Using vegetables and herbs from the garden.</p> <p>Allowing the children to learn about left overs to reduce waste linking to food education focus.</p>	<p>Pick herbs from the herb garden.</p> <p>Speak to Chef about the food left over and any excess in the kitchen we can use.</p>	<p>Check allergies</p> <p>Remove rings, tie back hair, wash hands, wear apron, wear knife protective gloves when using knives.</p>

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<b>3 Early Spring Term</b>	<p>Food education: Designing and planning a kitchen garden</p> <p>Cooking: Stir fry - Chinese new year</p>	<p>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</p>	<p>Forbidden City Links to China and the celebration of Chinese New Year. Studying traditional Chinese meals, cuisine and celebrations.</p>	<p>Planning the seeds to be used in the next planting cycle - considering crop rotation.</p>	<p>Order ingredients. Pick ingredients from school garden. Prepare ingredients and equipment.</p>	<p>Check allergies  Remove rings, tie back hair, wash hands, wear apron, wear knife protective gloves when using knives.</p>
<b>4 Late Spring Term</b>	<p>Food education: Organic food</p> <p>Cooking: Chinese Coleslaw</p>	<p>Peeling - vegetables and apple Mixing and stirring - ingredients together Measuring using a spoon Chopping - using bridge and claw techniques Grating - ingredients into smaller pieces</p>	<p>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.</p>	<p>Using herbs from the herbs garden.  Planting vegetables in the school allotments and poly-tunnel.</p>	<p>Order ingredients. Pick ingredients from school garden. Prepare ingredients and equipment.</p>	<p>Check allergies  Remove rings, tie back hair, wash hands, wear apron, wear knife protective gloves when using knives.</p>
<b>5 Early Summer Term</b>	<p>Food education: Fairtrade</p> <p>Cooking: Greek salad with a dressing</p>	<p>Chopping - vegetables, feta and herbs Measuring - liquids for the dressing Drizzling - dressing over the salad Arranging - carefully arranging ingredients to ensure it looks appealing</p>	<p>Groovy Greeks  Using traditional Greek foods including feta and olives to provide new taste experiences for the children.</p>	<p>Plant and grow cress and salad leaves Harvesting salad ingredients Using herbs from the herb garden to go into the dressing</p>	<p>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.</p>	<p>Check allergies  Remove rings, tie back hair, wash hands, wear apron, wear knife protective gloves when using knives.</p>

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<b>6 Late Summer Term</b>	<p>Food education: Fairtrade</p> <p>Cooking: Souvlaki - pork and vegetable kebabs and pitta</p>	<p>Peeling - vegetables Chopping/Cutting - vegetables and meat Threading - put the food onto the kebab sticks Measuring - liquid needed for pitta breads</p>	<p>Groovy Greeks</p> <p>A traditional Greek recipe linking to our theme which is Groovy Greeks.</p>	<p>Pick tomatoes, peppers and onions for the recipe. Planting seeds ready for the next academic year.</p>	<p>Order wooden kebab sticks Arrange to cook on fire pit and pizza ovens Order ingredients. Pick ingredients from school garden. Prepare ingredients and equipment.</p>	<p>Check allergies</p> <p>Remove rings, tie back hair, wash hands, wear apron, wear knife protective gloves when using knives.</p> <p>Check the fire pit and pizza oven are both clear and safe.</p>