



Term	Cooking Activity/ Recipe	Cooking Skills Developed	Links to Curriculum Themes	Links to Growing	Preparation required	Health & Safety
1 Early Autumn Term	<b>TastEd</b> See and Touch			Preparing our vegetable garden.		Check allergies Tie hair back, wash hands and wear aprons. Supervise children when snipping dough.
	<b>Hygiene</b>  <b>Cooking</b> Hedgehog bread	Shape Mix/stir Spoon Measure Snip	UTW: hibernation and autumn Maths: weighing ingredients Physical Development: snipping and fine motor	Where does flour come from?	Gather ingredients and equipment:  scales, measuring jugs, mixing bowls, tea towels, scissors, baking trays	
2 Late Autumn Term	<b>TastEd</b> Hear and Smell					Check allergies Tie hair back, wash hands, put on safety gloves and wear aprons. Supervise children when chopping.
	<b>Harvest</b>  <b>Cooking</b> Pumpkin soup	Mix/stir Spoon Measure Cut	Autumn Halloween Harvest H&S: Uses one-handed tools and equipment Art: vegetable painting	Harvest pumpkin  Winter digging to prepare soil.	Gather ingredients and equipment:  spoons, pans, knives, measuring jug	
	Mince pies	Measure Spoon Shape Cut out	Christmas Maths: weighing of ingredients UTW: Being aware of other cultures and celebrations	Where do raisins come from? Do mince pies have meat in them?	Gather ingredients and equipment:  pastry cutters, rolling pins, bowls, scales, spoons	

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3 Early Spring Term	<b>TastEd</b> Taste and all the senses					Check allergies Tie hair back, wash hands, and wear aprons. Supervise children when chopping.
	<b>Cooking</b> Smoothie ice lollies  Porridge	Crush Mix/Stir Spoon Cut  Measure Mix/Stir	Winter UTW: Seasonal change Art: fruit painting Maths: sharing of the fruit  Storytelling week- Goldilocks and the Three Bears Maths: weighing of ingredients Moving and Handling: fine motor skills Literacy: links to traditional tales	Plant vegetables; monitor growth.  Where do porridge oats come from?  Do you know what animal we get milk from?	Gather ingredients and equipment:  ice lolly moulds, spoons, bowls  Gather ingredients and equipment:  pans, measuring jugs, scales	
4 Late Spring Term	<b>TastEd</b> See and Touch					Check allergies Tie hair back, wash hands and wear aprons.
	<b>Cooking</b> Pancakes  Bean soup	Measure Mix/Stir Spoon  Mix/Stir Measure Cut	Shrove Tuesday Maths: weighing of ingredients UTW: Being aware of other cultures and celebrations H&S: Uses one-handed tools and equipment Physical Development: gross motor mixing	Where does flour come from?  How does the mixture change when we add milk?	Gather ingredients and equipment:  frying pans, plates, measuring jugs, scales, mixing bowls, ladles, spoons, fish slices Gather ingredients and equipment:  chopping boards, safety gloves, knives, measuring jugs, wooden spoons	



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5 Early Summer Term	<b>TastEd</b> Hear and Smell  <b>Cooking</b> Make a sandwich	Cut Spread	Queen's Birthday UTW: Shows interest in the lives of people who are familiar to them. H&S: Uses one-handed tools and equipment	Use produces from the garden.	Gather ingredients and equipment:  Chopping board, knives, small plates	Check allergies Tie hair back, wash hands and wear aprons.
	Campfire cooking vegetables	Peel Cut	Fruit & Vegetables H&S: Uses one-handed tools and equipment H&S: Eats a healthy range of foodstuffs and understands need for variety in food.		Gather ingredients and equipment:  Chopping board, knives, small plates	
6 Late Summer Term	<b>TastEd</b> Taste and design  <b>Cooking</b> Wrap faces	Cut Wrap	Healthy Eating Week H&S: Uses one-handed tools and equipment		Gather ingredients and equipment:  knives, chopping boards, small places, graters	Check allergies Tie hair back, wash hands, put on safety gloves and wear aprons.
	Fish kebab	Crush Peel Cut Mix/Stir	Under the Sea Summer H&S: Eats a healthy range of foodstuffs and understands need for variety in food.		Gather ingredients and equipment:  knives, chopping boards, spoons, bowls, kebab sticks	
	Beetroot hummus	Crush Peel Cut Mix/Stir	Summer H&S: Eats a healthy range of foodstuffs and understands need for variety in food. Moving and Handling: fine motor skills Maths: using the language of shape, space and measure	Harvest Beetroot from garden.	Gather ingredients and equipment:  knives, chopping boards, spoons, bowls	