



Term	Cooking Activity/ Recipe	Cooking Skills Developed	Links to Curriculum Themes	Links to Growing	Preparation required	Health & Safety
1 Early Autumn Term	<p>TastEd See and Touch</p> <p>Hygiene</p> <p>Cooking Fruit salad</p>	<p>Peeling Bridge knife technique Pull fruit to pick it. Arranging ingredients</p>	<p>Me, Myself and I</p> <p>Understanding the World - the needs of humans</p> <p>Seasonal changes and when different fruits grow and where in the world</p> <p>Art - fruit painting</p> <p>Math - sharing of the fruit</p>	<p>Explore our vegetable garden. What do we grow?</p> <p>Explore the school orchard. Taste the different varieties of apple</p> <p>Where have the fruits we used come from?</p>	<p>Order and prepare ingredients and equipment:</p> <p>chopping boards, knives, safety gloves, bowls, spoons, cups</p>	<p>Check allergies</p> <p>Remove rings, tie back hair, wash hands, wear aprons</p> <p>Supervise children when using knives</p> <p>Children to wear safety glove when cutting</p>
2 Late Autumn Term	<p>TastEd Hear and Smell</p> <p>Harvest</p> <p>Cooking Twisted bread</p>	<p>Shape Mix/stir Spoon Measure Knead</p>	<p>Once Upon a Time...</p> <p>Understanding the World - the needs of humans</p> <p>Seasonal changes and when different fruits grow and where in the world</p> <p>Art - fruit painting</p> <p>Math - sharing of the fruit</p>	<p>Where does flour come from?</p> <p>Winter digging to prepare the soil</p>	<p>Order and prepare ingredients and equipment:</p> <p>Sticks, bowls, scales, baking tray, measuring jugs, fire glove</p>	<p>Check allergies</p> <p>Remove rings, tie back hair, wash hands, wear aprons</p> <p>Supervise children when cooking bread</p>
3 Early Spring Term	<p>TastEd Taste and all the senses</p> <p>Cooking Spring onion and potato soup</p>	<p>Mix/stir Spoon Measure Cut</p>	<p>Out of This World!</p> <p>Understanding the World - what nutrients come from different foods?</p> <p>Literacy - design our own soup and write instructions of how to make it</p>	<p>Harvest our spring onions</p> <p>Visit the polytunnel and our vegetable gardens</p> <p>Monitor the growth of our crops</p>	<p>Order and prepare ingredients and equipment:</p> <p>Knives, chopping boards, peelers, saucepan, spoons, measuring jugs, safety gloves, hand held blender, cups</p>	<p>Check allergies</p> <p>Remove rings, tie back hair, wash hands, wear aprons</p> <p>Supervise children when using knives</p> <p>Children to wear safety glove when cutting</p> <p>Supervise children when using the hob</p>

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4 Late Spring Term	TastEd See and Touch Cooking Beetroot hummus	Cut Peel Crush Mix/Stir Measure Spoon	Land Before Time Understanding the World - which part of the plant is a beetroot? What other parts do plants have? Record making the hummus using an iPad Moving and Handling - fine motor skills Maths - using the language of shape, space and measure	Plant vegetables, fruit, and herb seeds What will the seeds need to grow? Monitor growth	Order and prepare ingredients and equipment: Knives, chopping boards, scales, can opener, vegetable peeler, saucepan, blender, safety gloves, lemon squeezer	Check allergies Remove rings, tie back hair, wash hands, wear aprons Supervise children when using knives Children to wear safety glove when cutting
5 Early Summer Term	TastEd Hear and Smell Cooking Jumping bean couscous salad	Tear Rinse Drain Mix/stir Spoon Squeeze	It's a Bug's Life Moving and Handling - fine motor Understanding the World - what does couscous start like? What does boiling water do to couscous?	What is couscous? What have we tried that is similar? Pick parsley from our herb garden Monitor the growth of our crops Ensure our crops have enough water	Order and prepare ingredients and equipment: Scissors, spoons, mixing bowl, measuring jug, knives, can opener, colander, measuring spoons, lemon squeezer	Check allergies Remove rings, tie back hair, wash hands, wear aprons Supervise children when using the boiling water
6 Late Summer Term	TastEd Taste and design Cooking Scones for the summer fete	Spoon Measure Mix Shape	Down on the Farm Maths - how many scones have we made. How much will we raise at the school fete if we sell the scones for 50p each? Literacy - making posters to advertise our scones Understanding the World - what is the difference between sweet and savory? How does the mixture change when we add milk? Why do the scones rise in the oven?	Pick different herbs to flavour our scones Are cold hands best for making scones?! Monitor the growth of our crops Ensure our crops have enough water Harvest any crops that are ready What fruit can we serve with our scones?	Order and prepare ingredients and equipment: Bowls, baking trays, scales, oven gloves, spoons, measuring jugs, baking paper	Check allergies Remove rings, tie back hair, wash hands, wear aprons Supervise children when using the oven