



	Cooking Activity/ Recipe	Cooking Skills Developed	Links to Curriculum Themes	Links to Growing	Preparation Required	Health & Safety
1 Early Autumn Term	<p>TastEd See</p> <p>Food Hygiene</p> <p>Cooking Superhero smoothies https://www.foodafactoflife.org.uk/recipes/food-life-skills/fruit-smoothie/</p>	<p>Peel Cut Measure Spoon</p>	<p>My Hero</p> <p>Science - Healthy living and what animals need to survive</p> <p>PSHE - What helps us stay healthy?</p> <p>Literacy - Writing instructions</p> <p>Harvest</p> <p>TastEd work on senses</p>	<p>Look at new berry bushes in the school garden</p> <p>How do different fruits grow?</p> <p>Harvest Celebration</p>	<p>Order and prepare ingredients</p> <p>Gather equipment: blenders, jugs, spoons, knives, cups.</p>	<p>Check allergies – fruit, dairy</p> <p>Long hair tied back Safety gloves to be worn for chopping Wash hands Wear aprons Remove jewellery</p>
2 Late Autumn Term	<p>TastEd Touch</p> <p>Cooking Mince pies https://www.bbcgoodfood.com/recipes/unbelievably-easy-mince-pies</p>	<p>Shape Mix Stir Spoon Measure Cut out Sift Knead Sift Spread</p>	<p>My Hero</p> <p>RE - Religious Festivals and Christmas food</p> <p>Literacy - Write a letter to Santa</p> <p>TastEd work on senses</p>	<p>How is flour made?</p> <p>What is in a mince pie?</p> <p>Winter digging to prepare the soil</p>	<p>Order and prepare ingredients</p> <p>Gather equipment: scales, knives, sieve, cutters, safety gloves, rolling pins, chopping boards, pastry brushes.</p>	<p>Check allergies – dairy, gluten, fruit</p> <p>Long hair tied back Safety gloves to be worn Wash hands Wear aprons Remove jewellery</p>



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3 Early Spring Term	<p>TastEd Smell</p> <p>Food Hygiene</p> <p>Cooking Fruit kebab https://www.foodafactoflife.org.uk/recipes/5-11-years/fruit-kebab/</p>	<p>Cut Thread Arrange Peel Snip</p>	<p>African Adventure</p> <p>Geography - Locate countries that different fruits come from</p> <p>Geography and PSHE - What is grown locally?</p> <p>Art - 3D form</p> <p>Geography - Compare UK and Non-European countries</p> <p>Literacy - Handa's Surprise by Eileen Brown</p> <p>Science and Geography - What weather does fruit grow best in?</p> <p>Senses work in TastEd</p>	<p>Visit school orchard</p> <p>What countries do different fruits come from?</p> <p>How do different fruits grow?</p>	<p>Order and prepare ingredients Order and prepare ingredients</p> <p>Gather equipment: chopping boards, knives, skewers, safety gloves, plates.</p>	<p>Check allergies – fruit</p> <p>Long hair tied back Safety gloves to be worn for chopping Wash hands Wear aprons Remove jewellery</p>



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<p>4 Late Spring Term</p>	<p>TastEd Hear</p> <p>Cooking Lemon cake with elderflower curd https://www.foodafactoflife.org.uk/recipes/cereals/lemon-cake-with-elderflower-curd/</p>	<p>Weigh Mix Stir Divide Sift Juice Grate Spread</p>	<p>African Adventure</p> <p>Science - How do lemons grow? Literacy and Geography - Write a letter to a school in Africa Art - Patterns Maths - Shapes and Patterns Maths - Measure Maths - Fractions Science and Geography - What weather do different fruits grow in? Senses work in TastEd</p>	<p>How do lemons grow? Where does elderflower grow?</p>	<p>Order and prepare ingredients Gather equipment: two 20cm sandwich tins, measuring scales, mixers, zesters, measuring spoons, mixing bowls, forks, cooling trays.</p>	<p>Check allergies – fruit, dairy, gluten, eggs Long hair tied back Safety gloves to be worn for chopping Wash hands Wear aprons Remove jewellery</p>

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5 Early Summer Term	<p>TastEd Taste</p> <p>Cooking Brilliant bread https://www.foodafactoflife.org.uk/recipes/3-5-years/brilliant-bread/</p>	Weigh Measure Mix Stir Knead Divide Shape	<p>A Great Adventure</p> <p>Theme and Art and Design - Invent your own bread shape and flavour</p> <p>History and Theme - What is the kitchen like at Woolsthorpe Manor?</p> <p>Food - Varieties of bread</p> <p>Science - Effect of forces on bread dough</p> <p>Maths - Costings of bread</p> <p>RE - Bread as a symbol in religious stories</p> <p>Senses work in TastEd</p>	<p>Where does flour come from?</p> <p>What does yeast do?</p>	<p>Order and prepare ingredients</p> <p>Gather equipment: weighing scales, measuring spoons, measuring jugs, baking trays, greaseproof paper, sieves, mixing bowls, mixing spoons, flour dredgers, oven gloves, cooling racks.</p>	<p>Check allergies – gluten</p> <p>Long hair tied back</p> <p>Safety gloves to be worn for chopping</p> <p>Wash hands</p> <p>Wear aprons</p> <p>Remove jewellery</p>
6 Late Summer Term	<p>TastEd Celebration</p> <p>Cooking Vegetable face flatbread https://www.recipetineats.com/easy-soft-flatbread-yeast/</p>	Peel Grate Snip Cut Arrange	<p>A Great Adventure</p> <p>Food - Seasonal salad and vegetables</p> <p>Science - What vegetables grow above and below ground?</p> <p>Art - Collage</p> <p>RE - Food for Religious Festivals</p> <p>Maths - Fractions</p> <p>Literacy - Writing instructions</p> <p>Senses work in TastEd</p>	<p>Vegetables and herbs from our school garden</p> <p>Which vegetables grow above and below ground?</p>	<p>Order and prepare ingredients</p> <p>Gather equipment: knives, plates, chopping boards, cutting gloves, grater.</p>	<p>Check allergies – vegetables, fruits, dairy, gluten</p> <p>Long hair tied back</p> <p>Safety gloves to be worn for chopping</p> <p>Wash hands</p> <p>Wear aprons</p> <p>Remove jewellery</p>