

	Cooking Activity/ Recipe	Cooking Skills Developed	Links to Curriculum Themes	Links to Growing	Preparation Required	Health & Safety
1 Early Autumn Term	<p>Food education: Hygiene – How to prepare food safely Healthy Pack up (Overlap with Science)</p> <p>Cooking: Spicy chicken and salad wrap (change4life)</p>	<p>Peel – peeling the vegetables/salad ingredients Chopping - vegetables using bridge and claw technique Grating – the carrot Stirring and mixing - ingredients together Measuring - amounts of each ingredient needed Spreading – the mixture on to the wrap Arranging - carefully arranging ingredients to ensure it looks appealing</p>	<p>Ruthless Romans</p> <p>Links to science, animals including humans – What does a healthy diet look like for humans? Why do we need a balanced diet? What is the benefit of each food group for our body? Compare the diet of humans today to those during the Roman era. Is there a difference? What are the similarities?</p>	<p>Prepare our garden</p> <p>Use vegetables and salad grown in the school garden</p>	<p>Order ingredients Pick ingredients from school garden Prepare ingredients and equipment – peelers, knives, graters, bowls, spoons, weighing scales, small knives to spread, plates, aprons, safety gloves Sow winter vegetables</p>	<p>Check allergies</p> <p>Remove rings, tie back hair, wash hands, wear apron, wear safety gloves when using knives</p>
2 Late Autumn Term	<p>Food education: Soil composition</p> <p>Cooking: Roman bread and fruit kebabs</p>	<p>Mixing and stirring - ingredients together Kneading- dough Measuring/weighing – amounts of each ingredient needed Shaping and moulding – make balls of dough Cut, Chop, Slice, Dice and Trim - the fruit Threading – the fruit onto skewers</p>	<p>Ruthless Romans</p> <p>Links to the Romans - Children will follow a recipe to create Roman bread which was a staple to their diet. Why was bread a staple? What was the Roman diet like? Did it differ depending on their class? Romans ate a lot of different fruit and vegetables. Are there any fruit that we have now that wasn't around in the Roman era? Why do you think that was?</p>	<p>Winter digging to prepare the soil</p>	<p>Order ingredients Prepare ingredients and equipment – spoons, bowls, weighing scales, knives, skewers, aprons, safety gloves</p>	<p>Check allergies</p> <p>Remove rings, tie back hair, wash hands, wear apron, wear safety gloves when using knives</p>
3 Early Spring Term	<p>Food education: Plan Vegetable Plots</p> <p>Cooking: Rainforest cookies</p>	<p>Weighing – the ingredients to be weighed out for accuracy Measuring the ingredients Stirring and mixing - ingredients together Whisk the ingredients Spoon – the ingredients on to the tray Spreading</p>	<p>Rocking Rainforests</p> <p>Links to Rocking Rainforest - The children will read 'The rainforest grew all around by Susan K Mitchell'. How are things connected on the rainforest? How can the animals help each other out? (Link to PSHE)</p>	<p>Awareness of different types of vegetables and how/ where they grow</p> <p>Types of fruit in the rainforest</p>	<p>Order ingredients Pick ingredients from school garden Prepare ingredients and equipment – weighing scales, bowls, spoons, whisks, small knives to spread, aprons, safety gloves, baking trays, oven</p>	<p>Check allergies</p> <p>Remove rings, tie back hair, wash hands, wear apron, wear safety gloves when using knives</p>

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4 Late Spring Term	<p>Food education: What Grows Above/ Under Ground</p> <p>Cooking: Galinhada (Brazilian chicken and rice)</p>	<p>Juicing – the lemon Mixing and stirring – the ingredients together Cut, Chop, Slice, Dice and Trim – the vegetables Weighing – the ingredients to be weighed out for accuracy Measuring the ingredients Fry & Sauté – brown the meat, onion and garlic in the pan Portion/ Divide Arranging - carefully arranging ingredients to ensure it looks appealing</p>	<p>Rocking Rainforests</p> <p>Links to the Rocking Rainforest – it is situated in Brazil and this is a popular dish in Brazil and the surroundings areas</p>	<p>Planting vegetables in the school allotments and poly-tunnel</p>	<p>Order ingredients Pick ingredients from school garden Prepare ingredients and equipment – juicer, knives, bowls, spoons, weighing scales, aprons, safety gloves, frying pan, spatula/ wooden spoon, oven, plates, knives and forks</p>	<p>Check allergies</p> <p>Remove rings, tie back hair, wash hands, wear apron, wear safety gloves when using knives</p>
5 Early Summer Term	<p>Food education: Where food comes from – World (Food a fact for life)</p> <p>Cooking: Nadiya Hussain Jollof Quorn pilau with salted cucumber</p>	<p>Measuring – the ingredients Peeling – preparing the vegetables Cut, Chop, Slice, Dice and Trim – the ingredients Fry & Sauté – soften the onion and salt De-seeding – chili's that are being used in the recipe Arranging - carefully arranging ingredients to ensure it looks appealing</p>	<p>Circle of Life</p> <p>Links to Circle of Life - Focus on Africa and food coming from all over the world. Children will discover where food comes from and how it travels all around the world once it is produced</p>	<p>Use vegetables grown in the school garden</p>	<p>Pick vegetables from the garden Order any other ingredients needed Prepare ingredients and equipment – weighing scales, knives, peelers, frying pan, oven, spatula/ wooden spoon, plates, knives and forks, aprons, safety gloves</p>	<p>Check allergies</p> <p>Remove rings, tie back hair, wash hands, wear apron, wear safety gloves when using knives</p>
6 Late Summer Term	<p>Food education: Honey (Visit Our Bees) (Overlap with literacy)</p> <p>Cooking: Chicken tagine with apricots</p>	<p>Weighing – the ingredients Measuring – the ingredients Peeling – preparing the vegetables Crush – the garlic Cut, Chop, Slice, Dice and Trim – the ingredients Juice – the lemon Mixing and stirring – all the ingredients together Fry & Sauté – soften and brown the ingredients Melt, simmer and boil – all of the ingredients</p>	<p>Circle of Life</p> <p>Links to literacy – What are bees? What do they eat? How they produce honey? How do you look after bees?</p>	<p>Using herbs from the herbs garden</p> <p>Planting seeds ready for the next academic year</p>	<p>Arrange to visit the bees Collect herbs Order ingredients Pick ingredients from school garden Prepare ingredients and equipment – weighing scales, measuring spoons, garlic press, knives, peelers, juicer, frying pan, oven, saucepan, wooden spoon/spatula, aprons, safety gloves</p>	<p>Check allergies</p> <p>Remove rings, tie back hair, wash hands, wear apron, wear safety gloves when using knives</p>