

	Cooking Activity/ Recipe	Cooking Skills Developed	Links to Curriculum Themes	Links to Growing	Preparation Required	Health & Safety
<b>1 Early Autumn Term</b>	<p><b>Food education:</b> Food Safety and Hygiene</p> <p><b>Cooking:</b> Bubble and squeak</p>	<p>Peel - prepping the vegetables</p> <p>Grating – carrots and potatoes</p> <p>Chopping - vegetables using bridge and claw technique</p> <p>Shaping and moulding - the mix in the shape of pancakes</p> <p>Snipping - herbs to season</p> <p>Measuring - amounts of each ingredient needed</p>	<p><b>The Fallen</b></p> <p>Theme and Science – How did the diet differ from nowadays? How did the diet vary between that of the poor people and the richer people?</p>	<p>Prepare our garden</p> <p>Use vegetables grown in UKS2 garden- carrots, potatoes and peas</p> <p>Allowing the children to learn about left overs to reduce waste linking to food education focus</p>	<p>Order ingredients</p> <p>Pick ingredients from school garden</p> <p>Prepare ingredients</p> <p>Gather equipment: chopping boards, vegetable peelers, knives, saucepans, colanders, potato mashers, spoons, frying pans, plates</p>	<p>Check allergies</p> <p>Remove rings, tie back hair, wash hands, wear apron, wear safety gloves when using knives</p>
<b>2 Late Autumn Term</b>	<p><b>Food education:</b> Food Poverty (Link to rationing)</p> <p><b>Cooking:</b> Eggless sponge cake</p>	<p>Mixing - ingredients together</p> <p>Measuring – amounts of each ingredient needed</p> <p>Spooning - gauge quantities to ensure an equal amount</p> <p>Folding - mixing and stirring the ingredients together</p>	<p><b>The Fallen</b></p> <p>Theme and RE – How did they celebrate Christmas? How does the celebration differ now compared to the war? What traditions did they create and we still follow? How did they adapt due to the war?</p>	<p>Winter digging to prepare the soil</p>	<p>Order ingredients</p> <p>Prepare ingredients</p> <p>Gather equipment: measuring spoons, mixing bowls, mixing spoons, knives, chopping boards, graters, measuring jugs, cake tins, spoons</p>	<p>Check allergies</p> <p>Remove rings, tie back hair, wash hands, wear apron, wear safety gloves when using knives</p>
<b>3 Early Spring Term</b>	<p><b>Food education:</b> Explore Free Range/ Organic Production</p> <p><b>Cooking:</b> Fantastic fish pie</p>	<p>Weighing – the ingredients to be weighed out for accuracy</p> <p>Measuring the ingredients</p> <p>Peeling</p> <p>Cut, chop, slice, dice and trim the vegetables and herbs</p> <p>Whisk the ingredients for the sauce</p> <p>Drain the potatoes</p> <p>Mash the potato until smooth and creamy</p>	<p><b>On the High Seas</b></p> <p>PSHE - Read 'The Rainbow Fish' and discuss friendships; create an imaginary creature of the deep; seaside theme activities</p> <p>Science - Investigate the benefits of eating oily fish</p> <p>Food - Sapere method tasting sessions using different types of fish</p>	<p>Pick herbs from the herb garden for the fish pie</p>	<p>Order ingredients</p> <p>Pick ingredients from school garden</p> <p>Prepare ingredients</p> <p>Gather equipment: saucepans, potato mashers, knives, chopping boards, colanders, spatulas, measuring jugs, whisks, mixing spoons, baking dishes</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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<b>4 Late Spring Term</b>	<p><b>Food education:</b> Animal Welfare</p> <p><b>Cooking:</b> Lemon and herb coleo gouvons</p>	<p>Weighing – the ingredients to be weighed out for accuracy</p> <p>Measuring the ingredients</p> <p>Cut, chop, slice, dice and trim – the herbs and fish</p> <p>Zest – the lemon</p> <p>Crush – the cornflakes, lemon zest and herbs need crushing into crumbs</p> <p>Beat the eggs together</p> <p>Portion/ Divide</p> <p>Arranging - carefully arranging ingredients to ensure it looks appealing</p>	<p><b>On the High Seas</b></p> <p>Theme – exploring the impact of fishing in the ocean</p> <p>PSHE - Consider the welfare and life of a range of animals in the ocean – with a particular focus on the purpose of food</p> <p>Science - Explore the ocean food chain and how energy is transferred between producers and consumers</p>	<p>Using herbs from the herbs garden</p> <p>Planting vegetables in the school allotments and poly-tunnel</p>	<p>Order ingredients</p> <p>Pick ingredients from school garden</p> <p>Prepare ingredients</p> <p>Gather equipment: baking trays, weighing scales, measuring spoons, knives, chopping boards, plates, cling film, graters, zesters, small plastic bags, shallow bowls, forks, small plates, oven gloves</p>	<p>Check allergies</p> <p>Remove rings, tie back hair, wash hands, wear apron, wear safety gloves when using knives</p>
<b>5 Early Summer Term</b>	<p><b>Food education:</b> Fairtrade</p> <p><b>Cooking:</b> Pozole served with vegetable kebabs</p>	<p>Peeling – preparing the vegetables</p> <p>De-seeding – chili's that are being used in the recipe</p> <p>Puree – Strain the sauce through the sieve</p> <p>Chopping - vegetables and herbs</p> <p>Measuring – the ingredients</p> <p>Fry &amp; Sauté – brown the meat</p> <p>Arranging - carefully arranging ingredients to ensure it looks appealing</p> <p>Threading - put the food onto the kebab sticks</p>	<p><b>Mysterious Mayans</b></p> <p>Theme – exploring maize and that it made up 80% of the diet</p>	<p>Use vegetables grown in UKS2 garden</p>	<p>Pick vegetables from the garden</p> <p>Collect herbs</p> <p>Order any other ingredients needed</p> <p>Prepare ingredients</p> <p>Gather equipment: skewers, knives, saucepans, chopping boards, large sauté pans, spoons, jugs, colanders, bowls, weighing scales</p>	<p>Check allergies</p> <p>Remove rings, tie back hair, wash hands, wear apron, wear safety gloves when using knives</p>
<b>6 Late Summer Term</b>	<p><b>Food education:</b> Fairtrade</p> <p>Where food comes from – Food Origins (Food a fact for life)</p> <p><b>Cooking:</b> Maya corn tortillas</p> <p>Chocolate and courgette cookies</p>	<p>Mixing – all the ingredients together</p> <p>Shaping – flatten the balls and roll into flat rounds</p> <p>Measuring – the ingredients</p>	<p><b>Mysterious Mayans</b></p> <p>Theme – Focus on the importance of cocoa and Fairtrade chocolate alongside other products</p>	<p>Planting seeds ready for the next academic year</p>	<p>Arrange to cook on fire pit</p> <p>Order ingredients</p> <p>Pick ingredients from school garden</p> <p>Prepare ingredients</p> <p>Gather equipment: mixing bowls, cling film, rolling pins, frying pans, weighing scales, spoons, baking trays, graters, paper towels, sauce pans, wooden spoons</p>	<p>Check allergies</p> <p>Remove rings, tie back hair, wash hands, wear apron, wear safety gloves when using knives</p> <p>Check the fire pit is clear and safe</p>