

Cooking and Nutrition Framework

KS1						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p style="text-align: center;">Me, Myself and I Fruit kebab</p> <p>Know where food comes from & understand how they are grown Eat well Guide Bridge hold Claw grip Assemble & arrange ingredients</p>	<p style="text-align: center;">A Small Island Irish Potato Cakes</p> <p>Use measuring spoons Cut (cabbage) Mash Mix & combine ingredients Use hands to shape mixture *adult to peel & cut potatoes & heat ingredients</p>		<p style="text-align: center;">The Enchanted Forest Porridge</p> <p>Measure liquids & weigh Understand how to use hob safely (by observing) Understand importance of regular meals Understand how some foods are grown Identify what like/dislike</p>		
Year 2	<p style="text-align: center;">It's a Small World Quick cheese pizza</p> <p>Grating Sifting Rolling Eat well Guide Eating sociably</p>	<p style="text-align: center;">Fire of London Rock buns</p> <p>Weighing & measuring Mix & combine ingredients Shape dough Prepare food for baking</p>			<p style="text-align: center;">Animal Kingdom Fruit smoothie</p> <p>Understand importance of regular meals & healthy snacks Know foods come from plants or animals Identify how to improve taste Understand seasonality</p>	
KS2						
Year 3	<p style="text-align: center;">Rainforest Rescue Banana & date bread</p> <p>Mix, stir & combine wet & dry ingredients Know where & how ingredients are grown Understand how to use oven safely (by observing) Portion sizes Know importance of recycling food waste</p>	<p style="text-align: center;">Food Glorious Food Bread</p> <p>Knead and shape dough Sieve with precision Roll to accurate size & thickness (Focaccia) Understand appropriate portion sizes Understand basic processes to get food from farm to plate Confidently read & follow a recipe Compare different versions of the same dish</p>		<p style="text-align: center;">Egyptology Couscous with fruit & veggies</p> <p>Measure liquids & weigh Bridge hold & claw grip Cut into even sizes Balanced diet Read & follow simple recipe</p>		
Year 4	<p style="text-align: center;">Hail Caesar! Minestrone Soup</p> <p>Measure & weigh Peel Use bridge & claw grip With supervision serve equal portions of food Begin to understand what types of food can be served together make a balanced meal</p>	<p style="text-align: center;">India Pea & potato curry/Fish curry</p> <p>Peel Cut into even sizes With supervision use the hob & serve hot liquids Understand food is farmed Understand ethical dilemmas associated with certain foods Healthy & balanced diet</p>				<p style="text-align: center;">Ancient Greeks Honey yogurt cheesecake</p> <p>Crush Grate Mix, stir, combine With supervision use hob Understand how foods are stored differently Begin to be able to read & understand food labels</p>

Year 5		<p style="text-align: center;">Dragon's Den Cornbread muffins</p> <p>Grate Use the hob Food processes – farm to plate Change recipe to improve Confidently read & follow recipe</p> <p>Guacamole DO NOT MAKE THE RECIPE – look at ingredients & use for discussion Help children understand some of ethical dilemmas associated with food people choose to buy – impact of producing avocados on environment & local populations.</p>		<p style="text-align: center;">Heartbeat Calzone Pizza (choose own fillings)</p> <p>Accurately weigh & measure Use both bridge & claw Combine wet & dry ingredients Knead Roll dough to accurate size & thickness Spread food evenly Understand appropriate portion size Know how different ingredients are grown Prepare different versions of the same dish</p>		<p style="text-align: center;">Amazing Africa African vegetable stew</p> <p>Measure liquids Confidently use both bridge & claw to cut same food Cut foods into evenly sized cubes or strips Crush garlic With supervision handle hot food safely Understand there are a variety of influences on the foods we choose to eat (eg season, cost, health, occasion) Know where & how a variety of ingredients are grown</p>
Year 6		<p style="text-align: center;">Your Country Needs You Shepherd's Pie</p> <p>Bridge & claw Peel & dice Assemble & layer Begin to use hob (with supervision) Understand different nutrients important for health Demonstrate good food safety practices when storing, preparing & cooking food (keep raw meat away from other foods) Use information on food labels to inform choice</p>				<p style="text-align: center;">Back to the Future Spaghetti with tomato sauce</p> <p>Cut, peel, grate Use a blender (with supervision) Use the hob Compare different versions of the same dish Plan a simple balanced cooked meal Understand appropriate portion sizes Identify how they might change the recipe to improve the food they've made</p> <p style="text-align: center;">Caribbean fruit salad</p> <p>Confidently use bridge & claw method to cut the same food Dice foods & cut into even sized pieces Understand social influences on food we choose to eat (eg media, peer pressure, ethics)</p>