

Curriculum Map

Cooking in the Curriculum

Year 1

Fruit Smoothies

With close supervision I can use the bridge hold to cut harder foods using a serrated vegetable knife.

With close supervision I can use the claw grip to cut soft foods using a serrated vegetable knife.

Hot Cross Buns

English –making lists and writing ingredients

I can use measuring spoons for liquids, solids and dry ingredients

All classes will prepare a Healthy Snack for Sports Day. Making links between Healthy Eating and Physical Activity.

Year 2

Fruit Smoothies

With close supervision I can use the bridge hold to cut harder foods using a serrated vegetable knife.

With close supervision I can use the claw grip to cut soft foods using a serrated vegetable knife.

Pizza

Maths- fractions

With close supervision I can cut food into evenly sized large pieces.

With close supervision I can grate soft food using a grater e.g. cheese

Topic:

Why do we eat vegetables?

All classes will prepare a Healthy Snack for Sports Day. Making links between Healthy Eating and Physical Activity.

Year 3

Dips

With supervision I can begin to use the claw grip to cut harder foods using a vegetable knife.
With supervision I can use the bridge hold and claw grip to cut the same food using a vegetable knife e.g. onion

Muffins

Maths- measure
I can begin to use weighing scales
I can mix, stir and combine liquid and dry ingredients uniformly

Topic:

Religion

All classes will prepare a Healthy Snack for Sports Day.
Making links between Healthy Eating and Physical Activity.

Year 4

Fruit muffins

I can sift flour, raising agents and spices together into a bowl.
I can mix, stir and combine liquid and dry ingredients uniformly

Cup cakes

Maths- measure and money
I can accurately use weighing scales

All classes will prepare a Healthy Snack for Sports Day.
Making links between Healthy Eating and Physical Activity.

Year 5

Rainbow Salad wrap

With supervision I can finely grate foods

Hot Cross Buns

Maths – measure and money
Reading scales
I can accurately use weighing scales
I can accurately use a measuring jug to measure liquids

Topic:

Queen Victoria

All classes will prepare a Healthy Snack for Sports Day.
Making links between Healthy Eating and Physical Activity.

Year 6

Healthy Burgers

I can use my hands to shape mixtures in to even sized portions e.g. burgers
With close supervision and physical guidance I can handle hot food safely

Pizza

Maths- measure and fractions, percentages and pie charts
I can weigh and measure ingredients, knead, spread and cut evenly

Topic:

Rationing

All classes will prepare a Healthy Snack for Sports Day. Making links between Healthy Eating and Physical Activity.

The following cooking skills are progressively taught within each cooking lesson so that by the end of Key Stage 2 all children can:

Healthy Eating

- _ I am able to make food choices taking into consideration the eatwell plate
- _ I understand the main food groups and the different nutrients that are important for health
- _ I know appropriate portion sizes and importance of not skipping meals, including breakfast

Consumer Awareness

- _ I am understand some of the basic processes to get food from farm to plate
- _ I understand some of the ethical dilemma's behind the food people choose to buy
- _ I can use information on food labels to inform choice
- _ I understand social influences on the food we choose to eat

Food Safety and Hygiene I can independently get ready to cook; Tie long hair back, put on a clean apron, wash and dry hands, remove jewellery and remove nail varnish