

Curriculum Map

Cooking in the Curriculum

Principal cooking skills taught for each session are indicated in blue

All recipes are from the 'Get Cooking' Islington Healthy Schools recipe Book

	Autumn Term	Spring Term	Summer Term
Year 1	<p>Fruit Smoothies Science – Ourselves: discovering the senses</p>   <p><i>With close supervision I can use the bridge hold to cut harder foods using a serrated vegetable knife.</i></p>   <p><i>With close supervision I can use the claw grip to cut soft foods using a serrated vegetable knife.</i></p>	<p>Hot Cross Buns RE: Food</p>  <p><i>I can use measuring spoons for liquids, solids and dry ingredients</i></p>	<p>Spanish themed snacks Healthy Snack preparation for Sports Day Making links between Healthy Eating and Physical Activity</p> <p>.</p>

Year 2

Bread Rolls

Topic – London's Burning



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



I can sift flour into a bowl

Samosas

Topic – Indian Spice



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

Spanish themed snacks

Healthy Snack preparation for Sports Day
Making links between Healthy Eating and Physical Activity

Year 3

Rock Buns

Topic – Meet the Flintstones



I can begin to use weighing scales



I can mix, stir and combine liquid and dry ingredients uniformly

Honey Vegetable Kebabs

Fresh Fruit Salad

Science - Plants



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



With close supervision and physical guidance I can handle hot food safely

Spanish themed snacks

Healthy Snack preparation for Sports Day

Making links between Healthy Eating and Physical Activity

Year 4

African Vegetable Stew

Topic - World Kitchen



With supervision I can confidently peel harder food e.g. a potato



With help and supervision I can begin to use the hob to cook simple dishes

Flapjacks

Maths- measure



I can accurately use weighing scales



I can mix, stir and combine liquid and dry ingredients uniformly

Spanish themed snacks

Healthy Snack preparation for Sports Day
Making links between Healthy Eating and Physical Activity

Year 5

Dips

Topic - Mexico



With supervision I can confidently use the bridge hold and claw grip to cut food using a vegetable knife

Pizza

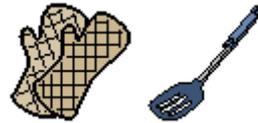
Maths- measure



I can accurately use weighing scales



With supervision I can finely grate foods



With close supervision and physical guidance I can handle hot food safely

Spanish themed snacks

Healthy Snack preparation for Sports Day
Making links between Healthy Eating and Physical Activity

Year 6

Healthy Burgers

Topic 'American Superpower'



I can knead and shape dough into a variety of evenly sized shapes. 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

Meatballs in tomato sauce

Topic – Greece Lightening



With supervision I can use an electric hand mixer to beat



With help and supervision I can begin to use the hob to cook simple dishes

Spanish themed snacks

Healthy Snack preparation 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 eat well 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 dilemmas 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



I know and can follow basic food safety rules when preparing and cooking food and understand their purpose

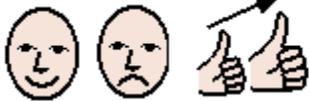


I can independently follow procedures for clearing up.

Recipes, Ingredients and Evaluation



I can confidently read and follow a simple recipe



I can identify how I would change a recipe to improve the food I am preparing