

Autumn

Spring

Summer

Key stage 1

- A. use the basic principles of a healthy and varied diet to prepare dishes
- B. understand where food comes from.

*Completed in every session

Year 1

Foods from Festivals (RE)
Christmas biscuits/cookies

Theory:
Can I identify the tools I am using?
Practical:
Can I think of interesting ways of
decorating food I have made?

DT: Eating Fruit and Vegetables
Science
Fruit kebabs

Theory:
Can I explain what I am making?
Practical:
*Can I describe the texture of
foods?*
Can I cut food safely?

Food from around the world
(Geography)
Salad

Theory:
Can I identify where ingredients
come from?
Practical:
Can I wash my hands and make
sure surfaces are clean?

Year 2

Science: Healthy Eating
Fruit and vegetable platter

Theory:
*Can I explain what it means to be
hygienic?*
Practical:
Can I peel food safely?

Great Fire of London (History)
Bread

Theory:
*Can I identify the main ingredients
in bread and where they come
from?*
Practical:
Can I be hygienic?

Food from around the world
(Geography) *Guacamole*

Theory:
*Can I describe the properties of the
ingredients I am using?*
Practical:
*Can I peel and cut food safely and
correctly?*

LONG TERM FORECAST

Key Stage 2 Cooking and Nutrition

	Autumn	Spring	Summer
Key stage 2 C. understand and apply the principles of a healthy and varied diet D. prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques E. understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. <i>*Completed in every session</i>			
Year 3	Pre-historic times (History) Porridge Theory: Can I describe how my combined ingredients come together? Practical: Can I use equipment safely? Can I show awareness of taste to adapt my dish?	Geography: Food production around the world Blini (Russian Pancakes) Theory: Can I choose the right ingredients for a product? Practical: Can I make sure my product looks attractive?	Healthy Packed Lunch (Science) Sandwiches Theory: Can I show how my design meets the requirement of being healthy? Practical: Can I use equipment safely? Can I use plants I have grown from seed to make ingredients I need?
Year 4	Changing State (Science & Literacy – Willy Wonka) Chocolate muffins Theory: Do I what to do to be hygienic and safe? Practical: Can I present my product in an interesting way?	Savoury South America cooking (Geography) Cheese Empanadas Theory: Can I explain how to use a range of electrical equipment safely? Practical: Can I describe the taste and smell of my product?	Summer Fruits (Geography) Summer Berries Theory: Do I know how seasonality affects fruit and vegetables? Practical: Can I competently select and prepare a range of ingredients?
Year 5	History : Healthy Diet Rice Pudding Theory: Can I describe what I do to be both hygienic and safe? Practical: Can I use a range of utensils expertly?	Changing State (Science) Ice Cream Theory: Do I understand the characteristics of the ingredients I am using? Practical: Can I present my product well?	Mayans (History) Bread Theory: Can I understand the source of the ingredients I am using? Practical: Can I show awareness of texture to decide how to combine ingredients?
Year 6	WW2 (History) Apple Crumble Theory: Can I explain how seasonality affects the ingredients I use? Practical: Can I prepare ingredients and use a range of utensils and electrical equipment?		Greeks (History) Greek salad / Garides Saganaki Theory: Can I explain how my product should be stored within reasons? Practical: Can I adapt and create my own recipe?

During Enrichment weeks pupils will look in more detail at the growing and rearing of ingredients through a Global awareness and Fairtrade activities

