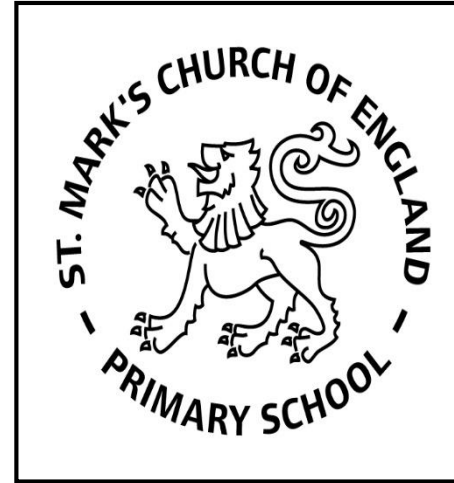


Cooking and Nutrition Curriculum Map



*'Thy Word is a Lamp to my Feet
and a Light to my Path'*

Psalm 119 v 105

"Every Child, Every Chance, Every Day"

Year Group	Term	Cooking opportunities	Skills	Curriculum Links
1	Autumn	Making Marmalade Sandwiches	Spread, cut, measure	English – Paddington Bear (Class Assembly)
	Spring	Sweet pancakes	Measure, mix, heat	RE - Shrove Tuesday
	Summer	Challah Bread	Pour, mix, measure, knead, crack, bake	RE – What is it like to live as a Jewish person?
Year Group	Term	Cooking opportunities	Skills	Curriculum Links
2	Autumn	Healthy wraps	Chop, measure, spread	PSHE – What makes us healthy?
	Spring	17 th century bread	Pour, mix, measure, knead, crack, bake	History – Great Fire of London
	Summer	Pancakes with fruit salad	Measure, mix, pour, heat, chop	English – where the wild things are

Year Group	Term	Cooking opportunities	Skills	Curriculum Links
3	Autumn	Homemade hummus and raw vegetables	Measure, mix, blend, chop, peel	Science – living things
	Spring	Vegetable stew	Chop, measure, peel, mix, boil	History – Stone Age
	Summer	Make healthy pizzas	Measure, knead, mix, chop, bake	Pizza Express school visit
Year Group	Term	Cooking opportunities	Skills	Curriculum Links
4	Autumn	bread	Measure, mix, knead, bake	History - Romans
	Spring	Honey short bread	Measure, mix, knead, bake	History – Anglo Saxon
	Summer	Crepe with salad using ingredients from the school garden	Measure, heat, chop, peel, mix	Science – Living things

Year Group	Term	Cooking opportunities	Skills	Curriculum Links
5	Autumn	Greek salad	Chop, measure, combine, mix	History - Greeks
	Spring	Savoury pancakes	Measure, mix, heat	RE - Shrove Tuesday
	Summer	Seasonal tart using ingredients from the school garden	Chop, measure, mix, bake, knead, roll	Science – local produce
Year Group	Term	Cooking opportunities	Skills	Curriculum Links
6	Autumn	Vegetable stir-fry	cutting techniques that require them to cut food up finely and in evenly sized pieces	History/Geography – The Shang Dynasty
	Spring	Pancakes	weighing and measuring ingredients with accuracy	RE - lent
	Summer	chocolate biscuit cake	weighing and measuring ingredients with accuracy, confidently and independently able to follow a recipe and make simple adaptations	Literacy – King Charles Coronation