

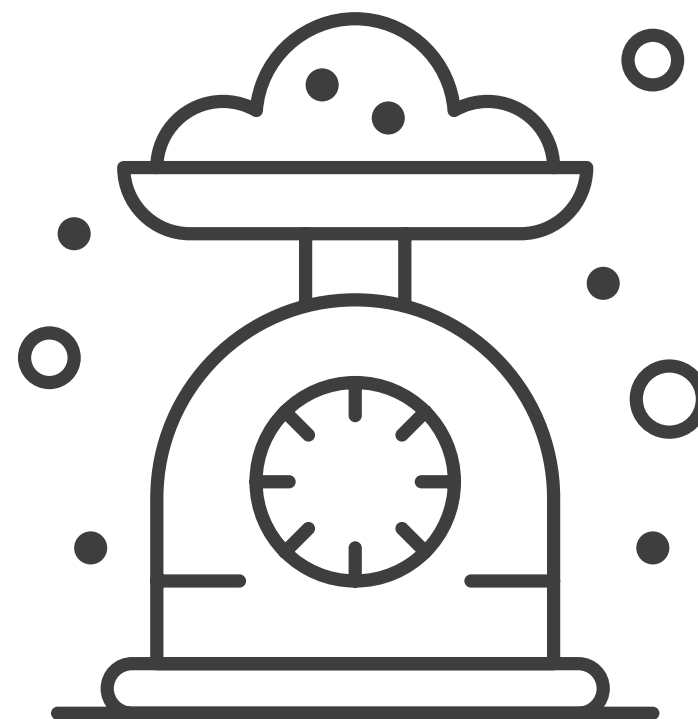


CLASSROOM
KITCHEN

CK Cookery

Curriculum and

Skills Map



CK Curriculum and Skill Map

In this document, you will find our whole school Cooking and Nutrition Curriculum, from Year 1 through till Year 6. You will find our Foundation Stage Curriculum on CK Online.

How to use:

Every year group has a dedicated curriculum consisting of 6 recipes and nutritional lessons. In the first section of this document, you will find the cookery curriculum (pages 3-8) which is linked to cookery skill objectives. These are linked by code. You will find these objectives on our skill map (pages 9-12). In the second section, you will find the nutritional objectives for each year group. There are not always 6 nutritional objectives as some are covered across more than one session, some link within one and some are covered solely. The objectives shown are covered across the full 6 sessions. It should also be noted that some objectives may be revisited in later year groups but this will not be highlighted on here as these are not key objectives of that age group.

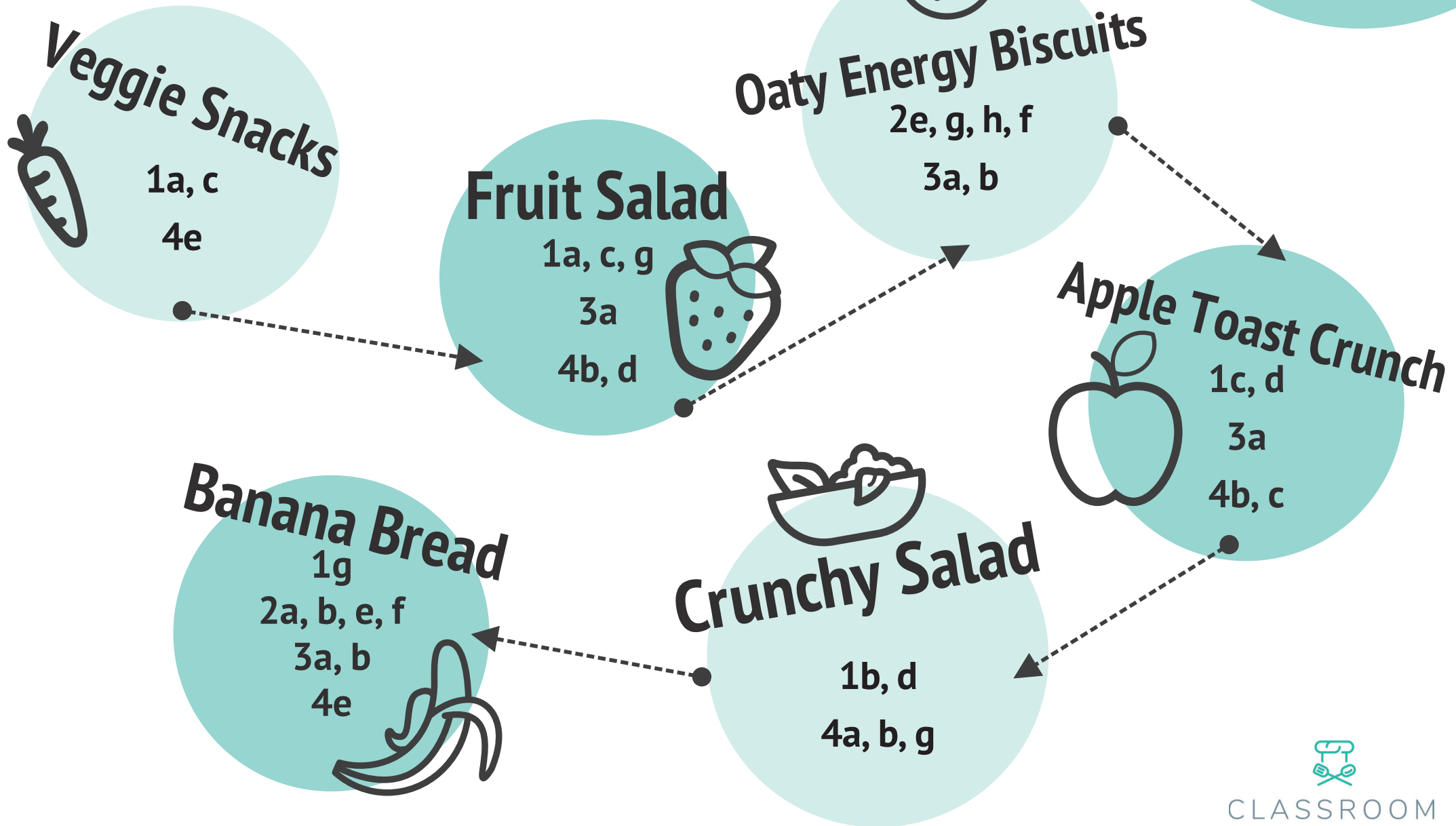
With the cookery curriculum, we have designed the sessions around the skills that the children are working on. The choice of recipes reflect this. You will notice quickly that children in Year 1 will be working on skills that are also in the Year 6 curriculum. This is not a mistake. When cooking we use similar skills all the time. By perfecting these skills, it gives us confidence to tackle new challenges/recipes with ease. The expectation is that in Year 1, they may need support with the skill and in some cases they may just watch the teacher, whereas in Year 6, they should be working independently with confidence and little instruction. It may be in Year 5/6, the children are handed a selection of ingredients, without a recipe, and told to prepare the ingredients for _____, and they would be able to decide which techniques to use and how they believe the dish should be prepared...this is the level of skill our curriculum builds to enable.

If you are a 1 and a half form entry school (or similar), use the curriculum in a 2 year cycle. The skills will still be accessible. If you are using our Ingredient Delivery Service then please make us aware so we can discuss options to best suit your school.

We suggest sharing the relevant pages with class teachers in order to help them update their curriculum and to plan ahead for the sessions. You may choose to display our curriculum on your school website, this is fine! We ask that you do not share any of our lesson plans and materials but if you wish to display this document for curriculum purposes, then please feel free to do so!


CK Cookery Curriculum Map

Year 1



CK Cookery Curriculum Map

Year 2




Traffic Light Salad

1a, b, c, e, j
4a, b


Fruit Smoothies

1a, c, g
3a, d
4a




Flapjack

2a, e, f
3a, b



Greek Salad

1a, b, c, d, e
4a, b, g




Rock Buns

2a, b, c, f, g
3a, b

Tomato & Basil Topped Bruschettas

1a, c, e
4a, b, j



CK Cookery Curriculum Map

Year 3

Fruit & Veg Couscous

1a, b, c, d, e, j
4j



Bread-ge-hogs

2f, g, h, j
3b, c
4h



Fish Fingers

1c, e, j
4i



Caribbean Red Pepper Salsa

1a, b, d, e
4g, j, e



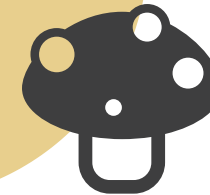
Welsh Cakes

2a, b, c, f, h, i
3b, c



Mushroom Risotto

1a, c, d, e
3d
4j



CK Cookery Curriculum Map

Year 4

Vegetable Paella

1a, b, c, d, e
4g, h, m, n, o



Carrot & Banana Muffins

1g, h, j
2a, b, e, f
3a, b, c
4e



Lentil Soup

1a, b, c, d, e, h
3d
4d, f



Summer-slaw

1b, d, h, j
3a
4a



Apple Sponge

1d, h
2a, b, d, e
3b, c



Pasta Bake

1a, b, c, d, e, i
4b, f, j



CK Cookery Curriculum Map

Year 5

Pasta Salad

1a, b, c, d, e
4a, d, g, i



Fish Cakes

1b, d, e, h, j
4e, h, i, j



Spring Rolls

1b, d, e, h, j
2h, j
3a, d
4a, b, g, h



Vegetable Soup

1a, b, c, d, h
3d



Chicken Stir Fry

1a, b, c, d, e
3a, d
4d, j



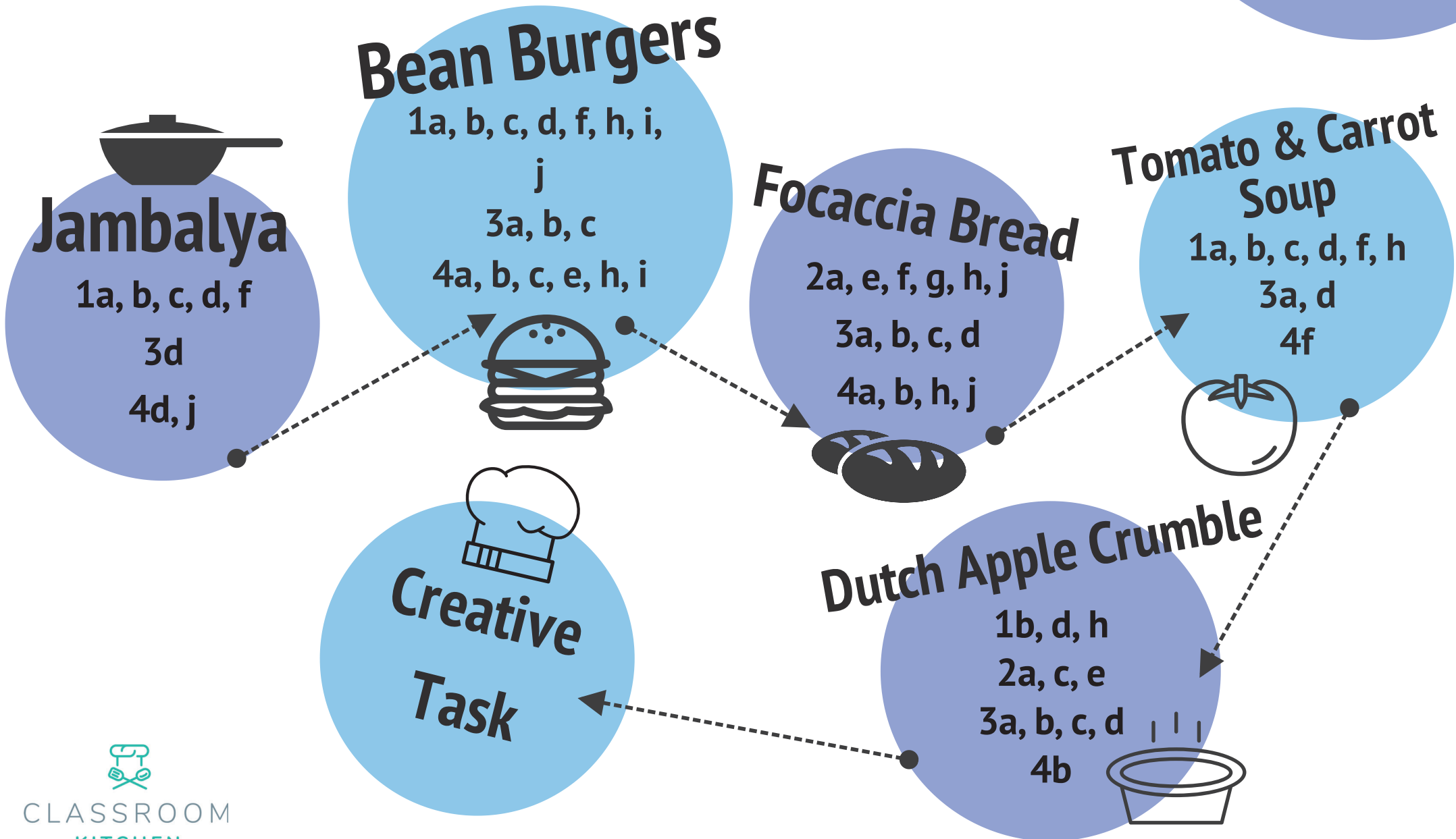
Savoury Scones

1c, d, e, i
2a, b, c, e, f, g, h, j
3a, b, c



CK Cookery Curriculum Map

Year 6



CK Curriculum Skills Map

Skill codes below link to the curriculum maps. Each lesson targets a series of the skills shown here.

1. Knife Skills

1a	Bridge Cut Method (Soft Foods)	1g	Peeling Soft Foods
1b	Bridge Cut Method (Hard Foods)	1h	Peeling Hard Foods
1c	Claw Cut Method (Soft Foods)	1i	Grating Soft Foods (Cheese etc)
1d	Claw Cut Method (Hard Foods)	1j	Grating Hard Foods (Carrots etc)
1e	Snipping Herbs in a Jug using Scissors		
1f	Fine Chopping of Herbs using a Knife		

CK Curriculum Skills Map

Skill codes below link to the curriculum maps. Each lesson targets a series of the skills shown here.

2. Baking Skills

2a	Sieving (Flour etc)	2g	Kneading and Shaping
2b	Eggs Cracking/Beating/Separating	2h	Handling/Rolling Pastry and Dough
2c	Rubbing (with Fingertips) Fat into Flour	2i	Using Cutters on Rolled out Pastry
2d	Creaming Fat and Sugar, Folding Flour into Mix	2j	Glazing/Brushing Pastry and Dough
2e	Dividing/Pouring Mixture into Tins and Cases		
2f	Mixing to form a Dough (Bread Making etc)		

CK Curriculum Skills Map



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Skill codes below link to the curriculum maps. Each lesson targets a series of the skills shown here.

3. Measure Skills

3a	Measuring with Spoons and Cups
3b	Using Scales (Balancing to Zero/Resetting)
3c	Using Scales (Adding Measures)
3d	Using Jugs to Measure Liquid

#

Students should be taught to measure in a range of units with links to their current knowledge in Maths. We can use Measure activities to simulate practical Maths problems. Difficulty should be increased with age and ability. Adding and subtracting Measures should be encouraged where possible in order to not rely on resetting the scales. In lower year groups, look to use alternative measures such as handfuls and spoons.

CK Curriculum Skills Map

Skill codes below link to the curriculum maps. Each lesson targets a series of the skills shown here.

4. More Skills

4a	Tearing (Salad etc)	4g	Beating Ingredients Together (Salad Dressing etc)
4b	Arranging Ingredients/Toppings	4h	Shaping (Fishcakes, Burgers etc)
4c	Spreading (Spoon or Knife)	4i	Bread-crumbing (Making and Using)
4d	Scooping (Melon etc)	4j	Garnishing and Decorating (Presentation)
4e	Mashing (With Fork or Masher)	#	Using the Hob
4f	Crushing/Peeling/Chopping Garlic		Year 5/6 (Under Adult Supervision)



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CK Nutritional Objectives Overview

Year 1

- To know the names of a variety of fruit and vegetables.
- To know the difference between a fruit and a vegetable.
- To think about what our bodies need to be healthy.
- To know which foods are good for us and which we should avoid.
- To know which foods give us energy.

Year 2

- Continuation of Year 1 Nutritional Objectives.
- To understand why our bodies need fruit and vegetables.
- To know why milk and dairy products are important in our diet.
- To know the five main food groups (in generic form).
- To know where our foods come from and how they're reared, grown or caught.

Year 3

- To understand the purpose of fruits and vegetables in our diet.
- To be able to name different carbohydrate rich foods.
- To know the names of the five main food groups and the nutrient they're high in.
- To be able to explain the pros and cons of home cooking vs ready meals.
- To know how fish gets to the plate and what benefits we get from eating it.

Year 4

- Continuation of Year 3 Nutritional Objectives.
- To explain the need for a balanced diet and why we need more of some food groups.
- To understand that some people will change their diet to suit a need (exercise etc).
- To consider diets around the world and why they may differ to ours.
- To identify different ways to make a meal healthier.
- To explain the purpose of protein, carbohydrates and fats in the diet.

Year 5

- To explain the different methods of food preparation and the impact of these on our diet.
- To understand the negative impact of eating an imbalance of the food groups.
- To learn about alternative diets (veganism etc).
- To become aware of the hidden extras (sugar etc) that can be hiding in our foods.
- To understand the consequences of bad eating and unhealthy lifestyles.

Year 6

- Continuation of Year 5 Nutritional Objectives.
- Review of previous learning to solidify understanding (food groups, balanced diet etc).
- To consider current issues such as 'The Obesity Crisis'.
- To debate current topics such as 'The Sugar Tax' (Pros and Cons).