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|  | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **Primary** |
| **Blue Year 1-3 (Beth)** |
| **Focus Area and Skills** | Explore different textured ingredients Pour and scoop ingredients  | Food HygieneExplore different textured ingredients Mixing ingredients | Kitchen safetyExplore different textured ingredients Use switch controlled appliances |
| **Recipe Suggestions** | Granola Flapjacks Overnight oats  | Cakes Biscuits Pinwheels Angel delight | Cornflake cakes (microwave)Smoothies (blender)Cheesecake top (blender) |
| **Green Year 1-4 (Rhianna and Hannah )**  |
| **Focus Area** | Food HygieneWashing hands / up | Food HygieneWashing hands / up | Food HygieneKitchen safety  | Food HygieneKitchen safety | Food HygieneKnife safety | Food HygieneKnife safety |
| **Skills** | Mixing Pouring Measuring with spoons  | Mixing Pouring Measuring with spoons | Using a knife to spreadSprinkling Rolling  | Using a knife to spreadSprinkling Rolling | Cutting with a knifePeeling (using hands e.g. banana, orange)Arranging ingredients | Cutting with a knifePeeling (using hands e.g. banana, orange)Arranging ingredients |
| **Recipe Suggestions** | CakesBiscuits Flapjack Granola  | CakesBiscuits Flapjack Granola  | Pizza (wrap, bagel)ToastSandwich | Pizza (wrap, bagel) ToastSandwich | Fruit skewers Fruit saladVegetable KebabsSalad | Fruit skewers Fruit saladVegetable KebabsSalad |
| **Purple Year 3-6 (Jo)**  |
| **Focus Area** | Food HygieneKitchen Safety Washing up skills  | Food HygieneKitchen SafetyWashing up skills Knife safety | Food Hygiene Kitchen SafetyWashing up skills | Food HygieneWashing up skillsOven safety  | Food HygieneWashing up skillsKnife safetyHob safety | Food Hygiene Washing up skills |
| **Skills** | Creaming fat and sugarPouring Mixing Sieving Cracking an eggMeasuring using cups | Cutting using the bridge techniqueMeasuring using scalesOrdering  | Beating an eggSeparating an eggMixing Divide mixture into tins  | Peeling Crumbling Pouring SievingRubbing flour into fat | Cutting using the claw technique Measuring using scales | Creaming fat and sugarPouring Sieving Cracking an eggMeasuring using scales |
| **Recipe Suggestions** | CakesBiscuits | Fruit kebabsVegetable kebabs Fruit cakes  | Backed eggs Frittatas | Crumble Scones  | Soup Fruit salad  | CakesBiscuits |
| **Purple Year 5-6 (Laura, Michelle)** |
| **Focus Area** | Food HygieneKitchen Safety Washing up skills  | Food HygieneKitchen SafetyWashing up skills Knife safety | Food Hygiene Kitchen SafetyWashing up skills | Food HygieneWashing up skillsOven safety  | Food HygieneWashing up skillsKnife safetyHob safety | Food Hygiene Washing up skills |
| **Skills** | Creaming fat and sugarPouring Mixing Sieving Cracking an eggMeasuring using cup and scales | Cutting using the bridge techniqueMeasuring using cup and scales  | Beating an eggSeparating an eggMixing Divide mixture into tins  | Peeling Crumbling Pouring SievingRubbing flour into fat | Cutting using the claw technique Measuring using cup and scales | Creaming fat and sugarPouring Sieving Cracking an eggMeasuring using cup and scales |
| **Recipe Suggestions** | CakesBiscuitsEggy bread / French toast | Salsa Waldorf salad Coleslaw  | QuicheBread pudding with chopped fruit | Scones Rock cakes Shortbread | Soup StewPotato salad  | CakesBiscuits |
| **Key Stage 3** |
| **Blue Year 4-13 (Sally)**  |
| **Focus Area and Skills** | Food HygieneExplore different textured ingredients Mixing ingredients Pour and scoop ingredients  | Kitchen safetyExplore different textured ingredients Use switch controlled appliances  | Knife safetyExplore different textured ingredients Chopping using a knife  |
| **Recipe Suggestions** | Cakes Biscuits Breakfast trifle  | Rocky road (microwave)Soup (blender)Guacamole (blender) | Fruit saladPasta salad Salsa  |
| **Green Year 4-8 (Chloe/Vicky)**  |
| **Focus Area** | Food HygieneKnife safety | Food HygieneKnife safety | Food Hygiene Oven safety | Food Hygiene Oven safety | Food HygieneToaster safety | Food HygieneToaster safety |
| **Skills** | Cutting using the bridge techniquePeeling with fingers e.g. banana and orange Grating e.g. carrot, cheese, apple Arranging ingredients e.g. kebabs | Cutting using the bridge techniquePeeling with fingers e.g. banana and orange Grating e.g. carrot, cheese, apple Arranging ingredients e.g. kebabs | Weighing and measuring with spoons and cupsCrack an eggWhisking / Beating an egg Mixing  | Weighing and measuring with spoons and cupsCrack an eggWhisking / Beating an egg Mixing  | Cutting using the bridge techniqueSpreading with a knife Identifying ingredients e.g. making a choice of ingredients  | Cutting using the bridge techniqueSpreading with a knife Identifying ingredients e.g. making a choice of ingredients  |
| **Recipe Suggestions** | Kebabs (fruit or veg)Fruit salad Smoothies | Kebabs (fruit or veg)Fruit salad Smoothies | CakesBaked eggsOmelette Biscuits | CakesBaked eggsOmelette Biscuits | Pizza ToastToasties SandwichToast | Pizza ToastToasties SandwichToast |
| **Purple Year 7-13 (Cathy)**  |
| **Focus Area** | Food HygieneOven SafetyKnife Safety | Food HygieneHob Safety Knife Safety  | Food HygieneOven Safety | Food HygieneOven safety | Food HygieneKnife safetyOven Safety  | Food Hygiene |
| **Skills** | Cutting using the bridge techniqueCrack an eggWhisking / Beating an egg Mixing  | Cutting using the bridge techniquePeeling using a peeler e.g. carrot and apple Snipping with scissors e.g. herbs  | Weighing and measuring with scales Sieving e.g. flour Crumbling by rubbing fat into flour Pouring using a jug | Weighing and measuring with scales Sieving e.g. flour Kneading Divide mixture into tinsGlazing  | Cutting using the claw technique Grating Weighing and measuring with scales Sieving e.g. flour | Weighing and measuring with scales Sieving e.g. flourCreaming fat and sugarDivide mixture into tins Whisking / Beating an egg Mixing  |
| **Recipe Suggestions** | FrittataQuicheBread pudding with chopped fruitBiscuits with chopped fruit  | Potato Salad Roasted vegSoup CurryPasta sauce  | SconesCrumble (sweet and savoury)Pastry (tarts)  | BreadPizza baseBriocheSoda bread  | Fruit cakesCrumbleFruit tartFruit cheesecakeColeslaw  | CakesButter icing  |
| **Yellow Year 6-10 (Lisa and Nadine)**  |
|  |  |  |  |  | Food HygieneHob safetyOven safety Plan, Do, ReviewAdapting the recipe | Food HygieneOven safetyPlan, Do, ReviewAdapting the recipe |
| **Focus Area** |  |  |  |  | PeelingClaw and Bridge knife techniqueMixing Scooping  | How yeast works Measuring using scales Kneading Dividing mixture into tins equally  |
| **Skills** |  |  |  |  | **Potato dishes** (try with sweet potato also)Shepards piePotato skins Hasselback potatoes Potato cakes Potato salad  | **Bread**Flavoured bread (sweet and savoury)Tear and share breadRollsLoaf |
| **Recipe Suggestions** |  |  |  |  | Food HygieneHob safetyOven safety Plan, Do, ReviewAdapting the recipe | Food HygieneOven safetyPlan, Do, ReviewAdapting the recipe |
| **Uppers** |
| **Green Year 8-14 (Abigail and Alex)**  |
| **Focus Area** | Food HygieneKnife safety | Food HygieneOven safety | Food Hygiene Toaster safety | Food HygieneOven safety | Food HygieneHob safety | Food HygieneOven safety |
| **Skills** | Cutting using the bridge techniquePeeling with fingers e.g. banana and orange Grating e.g. carrot, cheese, apple Arranging ingredients e.g. kebabs  | Weighing and measuring with spoons and cupsCrack an eggWhisking / Beating an egg Mixing  | Cutting using the bridge techniqueSpreading with a knife Identifying ingredients e.g. making a choice of ingredients  | Weighing and measuring with spoons and cupsSieving e.g. flour Crumbling by rubbing fat into flour Pouring using a jug | Cutting using the bridge techniquePeeling using a peeler e.g. carrot and apple Snipping with scissors e.g. herbs  | Weighing and measuring with spoons and cupsFolding flour into creamed mixtureScraping out a bowl with a spatulaScooping mixture into different containers  |
| **Recipe Suggestions** | ColeslawWaldorf salad Plant salad Pineapple and banana salsa  | Frittatas QuicheBiscuits Courgette and cheese muffins | Pizza wheelsWraps Pizza Pizza scones  | Scone Crumble (sweet or savoury) Shortbread  | SalsaRatatouille Cous Cous salad Rice salad   | Muffins Pancakes Dutch apple cake Potato and Spring onion cakes  |
| **Yellow Year 9-11 (Becka)**  |
| **Focus Area** | Food HygieneKnife safetyHob safetyPlan, Do, ReviewAdapting the recipe  | Food HygieneOven safetyPlan, Do, ReviewAdapting the recipe | Food HygieneHob safetyKnife safetyPlan, Do, ReviewAdapting the recipe  | Food HygieneHob safetyOven safety Plan, Do, ReviewAdapting the recipe | Food HygieneHob safetyOven safety Plan, Do, ReviewAdapting the recipe | Food HygieneHob safetyOven safety Plan, Do, ReviewAdapting the recipe |
| **Skills** | How to cook pasta Measuring using scalesClaw and Bridge knife techniqueGrating Peeling | How yeast works Measuring using scales Kneading using scales Dividing mixture into tins equally  | How to cook rice (safety around cooking rice) Measuring using scales Claw and Bridge knife techniqueGrating Peeling  | How to make a batterMeasuring using scales and cupsWhisking Cracking eggsPouring the mixture  | PeelingClaw and Bridge knife techniqueMixing Scooping  | How to make puff pastryMeasuring using scales and cupsWhiskingCracking an eggFolding Scooping Dividing mixture into tins equally Crumbling Stewing fruit Kneading  |
| **Recipe Suggestions** | **Pasta dishes** Pasta carbonaraCannelloni Lasagne  | **Foods with yeast** Cinnamon rollsNaan bread Pretzels  | **Rice Dishes**Risotto BiryaniPaella Fried rice  | **Batter Dishes**Onion BhajiTempura vegetables ChurrosClafoutis | **Potato Dishes**Dauphinoise potatoesPotato Rosti Croquets Tripple cooked potato Fondant potatoes | **Cakes, Bakes and Pastry** ShortbreadMeringueTart (lemon, chocolate, custard)Puff pastry sausage rolls Puff pastry cheese straws  |
| **LINC 19-25** |
| **Linc 1 (Yvonne)**  |
| **Focus Area and Skills** | Explore different textured ingredients and utensilsMixing ingredients Measuring using spoons (maths) | Explore different textured ingredients and utensilsUse switch controlled appliances Measuring using spoons (maths) | Explore different textured ingredients and utensilsChopping using a knife Measuring using spoons (maths) |
| **Recipe Suggestions** | Breakfast trifleFruit jelly Banana bread Cakes  | Soup (blender) Smoothie bowl (blender) Hummus (blender)Chocolate tiffin (microwave)  | SalsaCourgette and cheese muffins Tropical granola bars |
| **Linc 2 (Jackie)**  |
| **Focus Area** | Food Hygiene | Food Hygiene | Food Hygiene | Food Hygiene | Food Hygiene | Food Hygiene |
| **Skills** | Mixing Pouring Measuring with spoons Rubbing flour into fat | Mixing Pouring Measuring with spoonsRubbing flour into fat | Using a knife to spreadSprinkling Rolling  | Using a knife to spreadSprinkling Rolling | Cutting with a knifePeeling (using hands e.g. banana, orange)Arranging ingredients | Cutting with a knifePeeling (using hands e.g. banana, orange)Arranging ingredients |
| **Recipe Suggestions** | Crumble ShortbreadCheesy scones Banana crumble-top muffins  | Crumble ShortbreadCheesy scones Banana crumble-top muffins | Pizza wheelsWraps Pizza Pizza scones | Pizza wheelsWraps Pizza Pizza scones | Perfect plant salad Pasta saladSalsaCourgette and cheese muffins Tropical granola bars  | Perfect plant salad Pasta saladSalsaCourgette and cheese muffins Tropical granola bars |