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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 Hygiene  Explore different textured ingredients  Mixing ingredients | | Kitchen safety  Explore 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 Hygiene  Washing hands / up | Food Hygiene  Washing hands / up | Food Hygiene  Kitchen safety | Food Hygiene  Kitchen safety | Food Hygiene  Knife safety | Food Hygiene  Knife safety |
| **Skills** | Mixing  Pouring  Measuring with spoons | Mixing  Pouring  Measuring with spoons | Using a knife to spread  Sprinkling  Rolling | Using a knife to spread  Sprinkling  Rolling | Cutting with a knife  Peeling (using hands e.g. banana, orange)  Arranging ingredients | Cutting with a knife  Peeling (using hands e.g. banana, orange)  Arranging ingredients |
| **Recipe Suggestions** | Cakes  Biscuits  Flapjack  Granola | Cakes  Biscuits  Flapjack  Granola | Pizza (wrap, bagel)  Toast  Sandwich | Pizza (wrap, bagel)  Toast  Sandwich | Fruit skewers  Fruit salad  Vegetable Kebabs  Salad | Fruit skewers  Fruit salad  Vegetable Kebabs  Salad |
| **Purple Year 3-6 (Jo)** | | | | | | |
| **Focus Area** | Food Hygiene  Kitchen Safety  Washing up skills | Food Hygiene  Kitchen Safety  Washing up skills  Knife safety | Food Hygiene  Kitchen Safety  Washing up skills | Food Hygiene  Washing up skills  Oven safety | Food Hygiene  Washing up skills  Knife safety  Hob safety | Food Hygiene  Washing up skills |
| **Skills** | Creaming fat and sugar  Pouring  Mixing  Sieving  Cracking an egg  Measuring using cups | Cutting using the bridge technique  Measuring using scales  Ordering | Beating an egg  Separating an egg  Mixing  Divide mixture into tins | Peeling  Crumbling  Pouring  Sieving  Rubbing flour into fat | Cutting using the claw technique  Measuring using scales | Creaming fat and sugar  Pouring  Sieving  Cracking an egg  Measuring using scales |
| **Recipe Suggestions** | Cakes  Biscuits | Fruit kebabs  Vegetable kebabs  Fruit cakes | Backed eggs  Frittatas | Crumble  Scones | Soup  Fruit salad | Cakes  Biscuits |
| **Purple Year 5-6 (Laura, Michelle)** | | | | | | |
| **Focus Area** | Food Hygiene  Kitchen Safety  Washing up skills | Food Hygiene  Kitchen Safety  Washing up skills  Knife safety | Food Hygiene  Kitchen Safety  Washing up skills | Food Hygiene  Washing up skills  Oven safety | Food Hygiene  Washing up skills  Knife safety  Hob safety | Food Hygiene  Washing up skills |
| **Skills** | Creaming fat and sugar  Pouring  Mixing  Sieving  Cracking an egg  Measuring using cup and scales | Cutting using the bridge technique  Measuring using cup and scales | Beating an egg  Separating an egg  Mixing  Divide mixture into tins | Peeling  Crumbling  Pouring  Sieving  Rubbing flour into fat | Cutting using the claw technique  Measuring using cup and scales | Creaming fat and sugar  Pouring  Sieving  Cracking an egg  Measuring using cup and scales |
| **Recipe Suggestions** | Cakes  Biscuits  Eggy bread / French toast | Salsa  Waldorf salad  Coleslaw | Quiche  Bread pudding with chopped fruit | Scones  Rock cakes  Shortbread | Soup  Stew  Potato salad | Cakes  Biscuits |
| **Key Stage 3** | | | | | | |
| **Blue Year 4-13 (Sally)** | | | | | | |
| **Focus Area and Skills** | Food Hygiene  Explore different textured ingredients  Mixing ingredients  Pour and scoop ingredients | | Kitchen safety  Explore different textured ingredients  Use switch controlled appliances | | Knife safety  Explore different textured ingredients  Chopping using a knife | |
| **Recipe Suggestions** | Cakes  Biscuits  Breakfast trifle | | Rocky road (microwave)  Soup (blender)  Guacamole (blender) | | Fruit salad  Pasta salad  Salsa | |
| **Green Year 4-8 (Chloe/Vicky)** | | | | | | |
| **Focus Area** | Food Hygiene  Knife safety | Food Hygiene  Knife safety | Food Hygiene  Oven safety | Food Hygiene  Oven safety | Food Hygiene  Toaster safety | Food Hygiene  Toaster safety |
| **Skills** | Cutting using the bridge technique  Peeling with fingers e.g. banana and orange  Grating e.g. carrot, cheese, apple  Arranging ingredients e.g. kebabs | Cutting using the bridge technique  Peeling with fingers e.g. banana and orange  Grating e.g. carrot, cheese, apple  Arranging ingredients e.g. kebabs | Weighing and measuring with spoons and cups  Crack an egg  Whisking / Beating an egg  Mixing | Weighing and measuring with spoons and cups  Crack an egg  Whisking / Beating an egg  Mixing | Cutting using the bridge technique  Spreading with a knife  Identifying ingredients e.g. making a choice of ingredients | Cutting using the bridge technique  Spreading 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 | Cakes  Baked eggs  Omelette  Biscuits | Cakes  Baked eggs  Omelette  Biscuits | Pizza Toast  Toasties  Sandwich  Toast | Pizza Toast  Toasties  Sandwich  Toast |
| **Purple Year 7-13 (Cathy)** | | | | | | |
| **Focus Area** | Food Hygiene  Oven Safety  Knife Safety | Food Hygiene  Hob Safety  Knife Safety | Food Hygiene  Oven Safety | Food Hygiene  Oven safety | Food Hygiene  Knife safety  Oven Safety | Food Hygiene |
| **Skills** | Cutting using the bridge technique  Crack an egg  Whisking / Beating an egg  Mixing | Cutting using the bridge technique  Peeling 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 tins  Glazing | Cutting using the claw technique  Grating  Weighing and measuring with scales  Sieving e.g. flour | Weighing and measuring with scales  Sieving e.g. flour  Creaming fat and sugar  Divide mixture into tins  Whisking / Beating an egg  Mixing |
| **Recipe Suggestions** | Frittata  Quiche  Bread pudding with chopped fruit  Biscuits with chopped fruit | Potato Salad  Roasted veg  Soup  Curry  Pasta sauce | Scones  Crumble (sweet and savoury)  Pastry (tarts) | Bread  Pizza base  Brioche  Soda bread | Fruit cakes  Crumble  Fruit tart  Fruit cheesecake  Coleslaw | Cakes  Butter icing |
| **Yellow Year 6-10 (Lisa and Nadine)** | | | | | | |
|  |  |  |  |  | Food Hygiene  Hob safety  Oven safety  Plan, Do, Review  Adapting the recipe | Food Hygiene  Oven safety  Plan, Do, Review  Adapting the recipe |
| **Focus Area** |  |  |  |  | Peeling  Claw and Bridge knife technique  Mixing  Scooping | How yeast works  Measuring using scales  Kneading  Dividing mixture into tins equally |
| **Skills** |  |  |  |  | **Potato dishes** (try with sweet potato also)  Shepards pie  Potato skins  Hasselback potatoes  Potato cakes  Potato salad | **Bread**  Flavoured bread (sweet and savoury)  Tear and share bread  Rolls  Loaf |
| **Recipe Suggestions** |  |  |  |  | Food Hygiene  Hob safety  Oven safety  Plan, Do, Review  Adapting the recipe | Food Hygiene  Oven safety  Plan, Do, Review  Adapting the recipe |
| **Uppers** | | | | | | |
| **Green Year 8-14 (Abigail and Alex)** | | | | | | |
| **Focus Area** | Food Hygiene  Knife safety | Food Hygiene  Oven safety | Food Hygiene  Toaster safety | Food Hygiene  Oven safety | Food Hygiene  Hob safety | Food Hygiene  Oven safety |
| **Skills** | Cutting using the bridge technique  Peeling with fingers e.g. banana and orange  Grating e.g. carrot, cheese, apple  Arranging ingredients e.g. kebabs | Weighing and measuring with spoons and cups  Crack an egg  Whisking / Beating an egg  Mixing | Cutting using the bridge technique  Spreading with a knife  Identifying ingredients e.g. making a choice of ingredients | Weighing and measuring with spoons and cups  Sieving e.g. flour  Crumbling by rubbing fat into flour  Pouring using a jug | Cutting using the bridge technique  Peeling using a peeler e.g. carrot and apple  Snipping with scissors e.g. herbs | Weighing and measuring with spoons and cups  Folding flour into creamed mixture  Scraping out a bowl with a spatula  Scooping mixture into different containers |
| **Recipe Suggestions** | Coleslaw  Waldorf salad  Plant salad  Pineapple and banana salsa | Frittatas  Quiche  Biscuits  Courgette and cheese muffins | Pizza wheels  Wraps  Pizza  Pizza scones | Scone  Crumble (sweet or savoury)  Shortbread | Salsa  Ratatouille  Cous Cous salad  Rice salad | Muffins  Pancakes  Dutch apple cake  Potato and Spring onion cakes |
| **Yellow Year 9-11 (Becka)** | | | | | | |
| **Focus Area** | Food Hygiene  Knife safety  Hob safety  Plan, Do, Review  Adapting the recipe | Food Hygiene  Oven safety  Plan, Do, Review  Adapting the recipe | Food Hygiene  Hob safety  Knife safety  Plan, Do, Review  Adapting the recipe | Food Hygiene  Hob safety  Oven safety  Plan, Do, Review  Adapting the recipe | Food Hygiene  Hob safety  Oven safety  Plan, Do, Review  Adapting the recipe | Food Hygiene  Hob safety  Oven safety  Plan, Do, Review  Adapting the recipe |
| **Skills** | How to cook pasta  Measuring using scales  Claw and Bridge knife technique  Grating  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 technique  Grating  Peeling | How to make a batter  Measuring using scales and cups  Whisking  Cracking eggs  Pouring the mixture | Peeling  Claw and Bridge knife technique  Mixing  Scooping | How to make puff pastry  Measuring using scales and cups  Whisking  Cracking an egg  Folding  Scooping  Dividing mixture into tins equally  Crumbling  Stewing fruit  Kneading |
| **Recipe Suggestions** | **Pasta dishes**  Pasta carbonara  Cannelloni  Lasagne | **Foods with yeast**  Cinnamon rolls  Naan bread  Pretzels | **Rice Dishes**  Risotto  Biryani  Paella  Fried rice | **Batter Dishes**  Onion Bhaji  Tempura vegetables  Churros  Clafoutis | **Potato Dishes**  Dauphinoise potatoes  Potato Rosti  Croquets  Tripple cooked potato  Fondant potatoes | **Cakes, Bakes and Pastry**  Shortbread  Meringue  Tart (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 utensils  Mixing ingredients  Measuring using spoons (maths) | | Explore different textured ingredients and utensils  Use switch controlled appliances  Measuring using spoons (maths) | | Explore different textured ingredients and utensils  Chopping using a knife  Measuring using spoons (maths) | |
| **Recipe Suggestions** | Breakfast trifle  Fruit jelly  Banana bread  Cakes | | Soup (blender)  Smoothie bowl (blender)  Hummus (blender)  Chocolate tiffin (microwave) | | Salsa  Courgette 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 spoons  Rubbing flour into fat | Using a knife to spread  Sprinkling  Rolling | Using a knife to spread  Sprinkling  Rolling | Cutting with a knife  Peeling (using hands e.g. banana, orange)  Arranging ingredients | Cutting with a knife  Peeling (using hands e.g. banana, orange)  Arranging ingredients |
| **Recipe Suggestions** | Crumble  Shortbread  Cheesy scones  Banana crumble-top muffins | Crumble  Shortbread  Cheesy scones  Banana crumble-top muffins | Pizza wheels  Wraps  Pizza  Pizza scones | Pizza wheels  Wraps  Pizza  Pizza scones | Perfect plant salad  Pasta salad  Salsa  Courgette and cheese muffins  Tropical granola bars | Perfect plant salad  Pasta salad  Salsa  Courgette and cheese muffins  Tropical granola bars |