

		Cycle 1 (2019-2020)	Cycle 2 (2020-2021)	Cycle 3 (2021-2022)	Cycle 4 (2022-2023)
Autumn	1		GOING GREEN USING UP LEFTOVERS		
	2	VICTORIAN BRITAIN COOKING ON A BUDGET		LOCAL HISTORY MEAT & LOCALLY GROWN	ANGLO-SAXONS CHEESE & MILK
Spring	1				
	2	ANCIENT GREECE	UNITED KINGDOM RECIPES FROM LOCALITIES	VIKINGS EGGS	
Summer	1		MAYANS		ELEMENTS VEGETABLES
	2	EXPLORERS POTATOES		WARTIME BRITAIN HOMEGROWN	LONDON IN 1600'S BAKING



**Medium Term Planning**  
**KS2 CREATIVE CURRICULUM - COOKING AND NUTRITION**

<b>Aspiration for Life</b>	Safe working in the kitchen	<b>Language for Life</b>	Ingredient lists   Reading labels	<b>Learning for Life</b>	Healthy food choices	
<b>CYCLE 1</b>	<b>VICTORIAN BRITAIN – COOKING ON A BUDGET</b>		<b>ANCIENT GREECE</b>		<b>EXPLORERS - POTATOES</b>	
	<b>Autumn 2 - 7 weeks</b>		<b>Spring 2 - 6 weeks</b>		<b>Summer 2 - 7 weeks</b>	
	Principles of a healthy and varied diet The Eatwell Guide - overview Shopping on a budget Seasonality Explore where and how ingredients are grown		Principles of a healthy and varied diet The Eatwell Guide – fruits, vegetables and proteins Know where and how ingredients are grown and processed		Exploring different potato types Explore where potatoes are grown Using a kitchen knife Using a peeler The Eatwell Guide - Carbohydrates	
	<b>SUGGESTED PRACTICALS</b> ( <i>Choose from or use suitable alternative</i> )					
	Stuffed Jacket Potatoes   Potato Skins   Mulligatawny Soup   Mushroom & Chickpea Curry   Tomato Ragù   Beans on Toast   Tortilla Pizza		Pitta Pockets   Pesto Pizza   Lentil Bake   Fruit Kebabs   Easy Greek Salad   Tzatziki (with toasted pitta)   Dolmades		Potato Salad   Bubble & Squeak   Potato gratin   Potato Wedges   <b>Shepherds Pie</b>   Potato & Rosemary Bread Rolls   Potato Cakes	
	<b>SKILLS</b> [See Skills Progression Chart at the end of this document]					
	KNIFE SAFETY [ handling a knife, claw hold, bridge hold ] - KNIFE SKILLS [ chopping ]					
	KITCHEN SAFETY					
	FOOD HYGEINE					
	Baking Toasting Boiling		Baking Toasting Mixing Preparing vegetables		Peeling Chopping Mashing	
	<b>VOCABULARY</b> ( <i>In addition to 'skills' terms listed above</i> )					
	<b>Cook   Boil   Toast</b> Healthy   Clean Varied   Seasonality		<b>Bake   Mix</b> Vegetables   Fruit Stuffed   Skewer   Proteins		<b>Peel   Chop   Mash</b> Different   Potato Carbohydrates   Savoury	
<b>(Implementation)</b>						
<b>Week 1</b> Assessment <b>Week 2-3</b> Eat Well Guide <b>Week 4-6</b> Shopping on a budget (price comparisons   Using ingredients creatively) <b>Week 7:</b> Assessment		<b>Week 1-2</b> Exploring Greek Food (Origins) <b>Week 3-4</b> Exploring Greek Food (Eatwell Guide) <b>Week 5</b> Looking at Lentils (Processing: Dry   Canned) <b>Week 6:</b> Assessment		<b>Week 1</b> Where do potatoes come from? <b>Week 2</b> Different types of potatoes <b>Week 3-6</b> Impact of cooking methods (secondary processing) <b>Week 7:</b> Assessment		

INTENT: Provide and develop a creative Cooking and Nutrition curriculum which encourages active engagement in learning, equipping pupils with skills to facilitate independence within the kitchen and an understanding of good nutrition and hygiene

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**KS2 CREATIVE CURRICULUM - COOKING AND NUTRITION**

<b>Aspiration for Life</b>	Safe working in the kitchen	<b>Language for Life</b> Ingredient lists   Reading labels	<b>Learning for Life</b>	Healthy food choices		
<b>CYCLE 2</b> INTENT: Provide and develop a creative Cooking and Nutrition curriculum which encourages active engagement in learning, equipping pupils with skills to facilitate independence within the kitchen and an understanding of good nutrition and hygiene	<b>GOING GREEN – USING UP LEFTOVERS</b>		<b>UNITED KINGDOM - RECIPES FROM LOCALITIES</b>		<b>MAYANS</b>	
	<b>Autumn 2 - 7 weeks</b>		<b>Spring 1 - 6 weeks</b>		<b>Spring 2 - 5 weeks</b>	
	Principles of a healthy and varied diet The Eatwell Guide – overview Food hygiene		Principles of a healthy and varied diet The Eatwell Guide – Fats, Oils and Sugars Know where and how ingredients are grown, reared and processed		Food Introduced by the Mayan Civilisation Improving cooking skills	
	<b>SUGGESTED PRACTICALS</b> ( <i>Choose from or use suitable alternative</i> )					
	Vegetable Soup   Pie   Bread Pudding   Royal Rice   Fruit Smoothie   Pasta Salads   Couscous Salads		Kendal Mint Cake   Grasmere Gingerbread   Manchester Tart   Eccles Cakes   Chorley Cakes   Damson Crumble   Parkin		Corn Tortillas   Tortilla Chips   Quinoa Salad   Chocolate   Guacamole   Corn Tamales   Tomato & Avocado Salsa (mild)   Bean & Avocado Tortilla Wraps	
	<b>SKILLS</b> [See Skills Progression Chart at the end of this document]					
	KNIFE SAFETY [ handling a knife, claw hold, bridge hold ] - KNIFE SKILLS [ chopping ]					
	KITCHEN SAFETY					
	FOOD HYGEINE					
	Blending Boiling		Baking Melting Weighing and Measuring		Peeling Chopping Mashing Tossing Melting	
	<b>VOCABULARY</b> ( <i>In addition to 'skills' terms listed above</i> )					
	Safe Healthy   Clean Food-hygiene   Fridge		Bake   Mix Fats   Sugar Stuffed   Skewer   Proteins		Corn   Beans Chocolate   Avocado Tortilla   Guacamole	
	<b>(Implementation)</b>					
<b>Week 1</b> Assessment <b>Week 2-3</b> Food Hygiene <b>Week 4-5</b> Keeping Healthy (Eatwell Guide) <b>Week 6</b> Blending (secondary processing) <b>Week 7:</b> Assessment		<b>Week 1-3</b> Melting <b>Week 4-5</b> Baking <b>Week 6:</b> Assessment		<b>Week 1-2</b> Corn <b>Week 3-4</b> Pulses and Beans (inc. Chocolate) <b>Week 5-6</b> Avocado <b>Week 7:</b> Assessment		

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**KS2 CREATIVE CURRICULUM - COOKING AND NUTRITION**

<b>Aspiration for Life</b>	Safe working in the kitchen	<b>Language for Life</b>	Ingredient lists   Reading labels	<b>Learning for Life</b>	Healthy food choices	
<b>CYCLE 3</b>	INTENT: Provide and develop a creative Cooking and Nutrition curriculum which encourages active engagement in learning, equipping pupils with skills to facilitate independence within the kitchen and an understanding of good nutrition and hygiene	<b>LOCAL HISTORY – GROWN or REARED LOCALLY</b>	<b>OUR WORLD - EGGS</b>	<b>WARTIME BRITAIN - HOMEGROWN</b>		
		<b>Autumn 2 - 7 weeks</b>	<b>Spring 1 - 6 weeks</b>	<b>Summer 2 - 7 weeks</b>		
		Principles of a healthy and varied diet Know where and how ingredients are grown, reared and processed Visit to Allotments   Farm	The Eatwell Guide – Proteins Know where and how eggs are produced Allergies – Egg Alternatives	Rationed Food Seasonality Know where and how ingredients are grown and processed Preparing Fruit & Vegetables		
		<b>SUGGESTED PRACTICALS (Choose from or use suitable alternative)</b>				
		Lancashire Hotpot   Minestrone Soup   Pitta Pockets   Croque Monsieur   Cottage / Shepherds Pie   Pasties   Potato Crust Pizza   Vegetable Kebabs   Coleslaw (plant salad)	Boiled Eggs   Scrambled Eggs   Omelettes   Quiches   Potato Scotch Eggs   Mini Savoury Muffins   Pancakes	Potato Soup   Lord Woolton Pie   Carrot Scones   Wheatmeal Loaf   1918 War Cake   Bread and Butter Pudding   Cauliflower Cheese		
		<b>SKILLS [See Skills Progression Chart at the end of this document]</b>				
		KNIFE SAFETY [ handling a knife, claw hold, bridge hold ] - KNIFE SKILLS [ chopping ]				
		KITCHEN SAFETY				
		FOOD HYGEINE				
		Peeling and Chopping Washing fruit and vegetables Grating Weighing and Measuring	Cracking Eggs Boiling Frying Mixing Measuring   Weighing	Peeling Chopping Weighing and Measuring		
		<b>VOCABULARY (In addition to 'skills' terms listed above)</b>				
		<b>Grow   Farm   Wash   Meat</b> Beef   Chicken   Tofu   Lamb Proteins   Allotment   Prepare	<b>Egg   Cook</b> Boiled   Scrambled Ingredient   Proteins	<b>Grow   War</b> Weigh   Measure Rationed   Savoury		
<b>(Implementation)</b>						
<b>Week 1</b> Assessment <b>Week 2-3</b> Types of Meat (and alternatives) <b>Week 4-6</b> Meat verses veg (same recipe different ingredients) <b>Week 7:</b> Assessment	<b>Week 1-2</b> Cooking Eggs <b>Week 3-4</b> Adding to Eggs <b>Week 5-6</b> Eggs as an ingredient <b>Week 7:</b> Assessment	<b>Week 1-3</b> Wartime recipes <b>Week 4-5</b> Vegetables (Preparing Fruit & Vegetables   Using raw fruit and veg) <b>Week 6</b> Bread <b>Week 7:</b> Assessment				



**Medium Term Planning**  
**KS2 CREATIVE CURRICULUM - COOKING AND NUTRITION**

<b>Aspiration for Life</b>	Safe working in the kitchen	<b>Language for Life</b>	Ingredient lists   Reading labels	<b>Learning for Life</b>	Healthy food choices
<b>CYCLE 4</b>	<b>ANGLO-SAXONS – CHEESE &amp; MILK</b>		<b>ELEMENTS - VEGETABLES</b>		<b>LONDONIN THE 1600'S -BAKING</b>
	<b>Autumn 2 - 7 weeks</b>		<b>Summer 1 - 5 weeks</b>		<b>Summer 2 - 7 weeks</b>
	Principles of a healthy and varied diet The Eatwell Guide – Dairy Know where and how ingredients are grown and processed		Principles of a healthy and varied diet The Eatwell Guide – Vegetables Know where and how ingredients are grown, reared and processed Seasonality		Principles of a healthy and varied diet The Eatwell Guide – Carbohydrates Know where and how ingredients are grown and processed
	<b>SUGGESTED PRACTICALS</b> <i>(Choose from or use suitable alternative)</i>				
	Cheese on toast   Macaroni Cheese   Cheese Dip   Cheese Straws   Cheese Scones   Cheese Crackers   Milk Pudding		Simple Spring Rolls   Ratatouille   Vegetable Kebabs   Coleslaw   Vegetable Dips and Crudités   Soup		Bread   Bread Rolls   Soda Bread   Shortbread   Scones   Biscuits   Tray Bakes
	<b>SKILLS</b> [See Skills Progression Chart at the end of this document]				
	KNIFE SAFETY [ handling a knife, claw hold, bridge hold ] - KNIFE SKILLS [ chopping ]				
	KITCHEN SAFETY				
	FOOD HYGEINE				
	Grating Baking Grilling Weighing and Measuring		Chopping Grating Boiling		Baking Weighing and Measuring Proving
	<b>VOCABULARY</b> <i>(In addition to 'skills' terms listed above)</i>				
	Milk   Cheese Weigh   Measure Eatwell Guide   Dairy		Chop   Peel Grate   Vegetables Seasonality		Bread Baking   Rise Carbohydrates   Yeast
	<b>(Implementation)</b>				
<b>Week 1</b> Assessment <b>Week 2-3</b> Keeping Healthy (Eatwell Guide) <b>Week 4-6</b> Baking <b>Week 7:</b> Assessment		<b>Week 1-2</b> Preparing Vegetables <b>Week 3-4</b> Keeping Healthy (Eatwell Guide) <b>Week 5:</b> Assessment		<b>Week 1-3</b> Bread (including processing) <b>Week 4-5</b> Sweet not Savoury <b>Week 6</b> Tray Bake <b>Week 7:</b> Assessment	

Skills Progression Chart

KS2	KS3	KS4
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