

		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

Aspiration for Life		Safe working in the kitchen	Language for Life		Ingredient lists Reading labels	Learning for Life		Healthy food choices
CYCLE 1	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	VICTORIAN BRITAIN – COOKING ON A BUDGET		ANCIENT GREECE		EXPLORERS - POTATOES		
		Autumn 2 - 7 weeks		Spring 2 - 6 weeks		Summer 2 - 7 weeks		
		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		
		SUGGESTED PRACTICALS (Choose from or use suitable alternative)						
		Stuffed Jacket Potatoes Potato Skins Mulligatawny Soup Mushroom & Chickpea Curry Tomato Ragu 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 Shepherds Pie Potato & Rosemary Bread Rolls Potato Cakes		
		SKILLS [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		
		VOCABULARY (In addition to ‘skills’ terms listed above)						
		Cook Boil Toast Healthy Clean Varied Seasonality		Bake Mix Vegetables Fruit Stuffed Skewer Proteins		Peel Chop Mash Different Potato Carbohydrates Savoury		
		(Implementation)						
		Week 1 Assessment Week 2-3 Eat Well Guide Week 4-6 Shopping on a budget (price comparisons Using ingredients creatively) Week 7: Assessment		Week 1-2 Exploring Greek Food (Origins) Week 3-4 Exploring Greek Food (Eatwell Guide) Week 5 Looking at Lentils (Processing: Dry Canned) Week 6: Assessment		Week 1 Where do potatoes come from? Week 2 Different types of potatoes Week 3-6 Impact of cooking methods (secondary processing) Week 7: Assessment		

Medium Term Planning
KS2 CREATIVE CURRICULUM - COOKING AND NUTRITION

Aspiration for Life		Safe working in the kitchen		Language for Life		Ingredient lists Reading labels		Learning for Life		Healthy food choices			
CYCLE 2	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	GOING GREEN – USING UP LEFTOVERS				UNITED KINGDOM - RECIPES FROM LOCALITIES				MAYANS			
		Autumn 2 - 7 weeks				Spring 1 - 6 weeks				Spring 2 - 5 weeks			
		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			
		SUGGESTED PRACTICALS (Choose from or use suitable alternative)											
		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			
		SKILLS [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			
		VOCABULARY (In addition to ‘skills’ terms listed above)											
		Safe Healthy Clean Food-hygiene Fridge				Bake Mix Fats Sugar Stuffed Skewer Proteins				Corn Beans Chocolate Avocado Tortilla Guacamole			
		(Implementation)											
		Week 1 Assessment Week 2-3 Food Hygiene Week 4-5 Keeping Healthy (Eatwell Guide) Week 6 Blending (secondary processing) Week 7: Assessment				Week 1-3 Melting Week 4-5 Baking Week 6: Assessment				Week 1-2 Corn Week 3-4 Pulses and Beans (inc. Chocolate) Week 5-6 Avocado Week 7: Assessment			

Medium Term Planning
KS2 CREATIVE CURRICULUM - COOKING AND NUTRITION

Aspiration for Life		Safe working in the kitchen	Language for Life	Ingredient lists Reading labels	Learning for Life	Healthy food choices
CYCLE 3	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	LOCAL HISTORY – GROWN or REARED LOCALLY		OUR WORLD - EGGS		WARTIME BRITAIN - HOMEGROWN
		Autumn 2 - 7 weeks		Spring 1 - 6 weeks		Summer 2 - 7 weeks
		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
		SUGGESTED PRACTICALS (Choose from or use suitable alternative)				
		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
		SKILLS [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				
		Peeling and Chopping Washing fruit and vegetables Grating Weighing and Measuring		Cracking Eggs Boiling Frying Mixing Measuring Weighing		Peeling Chopping Weighing and Measuring
		VOCABULARY (In addition to ‘skills’ terms listed above)				
		Grow Farm Wash Meat Beef Chicken Tofu Lamb Proteins Allotment Prepare		Egg Cook Boiled Scrambled Ingredient Proteins		Grow War Weigh Measure Rationed Savoury
		(Implementation)				
		Week 1 Assessment Week 2-3 Types of Meat (and alternatives) Week 4-6 Meat verses veg (same recipe different ingredients) Week 7: Assessment		Week 1-2 Cooking Eggs Week 3-4 Adding to Eggs Week 5-6 Eggs as an ingredient Week 7: Assessment		Week 1-3 Wartime recipes Week 4-5 Vegetables (Preparing Fruit & Vegetables Using raw fruit and veg) Week 6 Bread Week 7: Assessment

Medium Term Planning
KS2 CREATIVE CURRICULUM - COOKING AND NUTRITION

Aspiration for Life		Safe working in the kitchen	Language for Life	Ingredient lists Reading labels	Learning for Life	Healthy food choices
CYCLE 4	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	ANGLO-SAXONS – CHEESE & MILK		ELEMENTS - VEGETABLES		LONDONIN THE 1600'S -BAKING
		Autumn 2 - 7 weeks		Summer 1 - 5 weeks		Summer 2 - 7 weeks
		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
		SUGGESTED PRACTICALS (Choose from or use suitable alternative)				
		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
		SKILLS [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
		VOCABULARY (In addition to 'skills' terms listed above)				
		Milk Cheese Weigh Measure Eatwell Guide Dairy		Chop Peel Grate Vegetables Seasonality		Bread Baking Rise Carbohydrates Yeast
		(Implementation)				
		Week 1 Assessment Week 2-3 Keeping Healthy (Eatwell Guide) Week 4-6 Baking Week 7: Assessment		Week 1-2 Preparing Vegetables Week 3-4 Keeping Healthy (Eatwell Guide) Week 5: Assessment		Week 1-3 Bread (including processing) Week 4-5 Sweet not Savoury Week 6 Tray Bake Week 7: Assessment

Skills Progression Chart

KS2	KS3	KS4
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	Cycle 1			Cycle 2			Cycle 3			Cycle 4			Cycle 1			Cycle 2			Cycle 3			Cycle 1			Cycle 2		
Skill																											
Weigh and Measure																											
Knife Skills – Bridge Hold																											
Knife Skills – Claw Grip																											
Peeling																											
Grating																											
Sift																											
Stir																											
Beat																											
Blending																											
Combine																											
Knead																											
Mix																											
Mashing																											
Preparing fruit/vegetables																											
Rub-in																											
Whisk																											
Shape																											
Skewer																											
Rolling																											
Cooking on hob (conduction)																											
Cooking in oven (convection)																											
Cooking using grill (radiation)																											

Theory																											
Oven Safety																											
Knife Safety																											
Food Hygiene – Cleanliness																											
Food Hygiene – Cross-contamination																											
Seasonality																											
The Eatwell Guide																											
Processing																											
Provenance																											
Allergies																											