

King's Hill Primary School Cooking and Healthy Eating Guidance

T HENDRIX 2022

Early Years

Healthy Eating	Consumer Awareness	Food Safety and Hygiene	Recipes and Ingredients	Weighing and Measuring	Cutting and Knife Skills	Mixing	Shaping and Assembling	Heating	Serving and Garnishing
<p>Recognise that we all need to eat to grow and be healthy</p> <p>Be aware that we need to eat more of some foods and less of others</p> <p>With support ,are able to eat sociably with others</p> <p>Recognise the importance of drinking water</p> <p>Know the importance of brushing teeth twice a day</p>	<p>Know which animals or plants some foods come from (eg milk from cows and tomatoes from plants)</p> <p>Know that food can be grown or bought from shops</p> <p>Know some special foods that are eaten on special occasions</p>	<p>Understand that food that has been dropped on the floor, touched with dirty hand or has turned mouldy should not be eaten and can make people ill</p> <p>Understand that some foods need to be washed before they are safe to eat (eg fruits and vegetables)</p> <p>With help and supervision get ready to cook:</p> <ul style="list-style-type: none"> • Tie back long hair • Put on a clean apron • Wash and dry hands <p>With help and supervision, take part in simple clearing up tasks such as clearing and cleaning the tables</p>	<p>Recognise some familiar ingredients (eg fruits)</p> <p>Describe the taste of some familiar ingredients, using simple words (eg sweet, salty)</p> <p>Identify foods that they like and dislike</p> <p>Understand that recipes provide instructions on how to make food</p>	<p>Count the quantity of food needed using whole numbers (eg 6 grapes, 2 carrots)</p>	<p>With close supervision, and physical guidance when necessary, use the bridge hold to cut soft foods using a serrated vegetable knife (eg strawberries)</p> <p>With close supervision and physical guidance, crush or mash cold food in a bowl (eg biscuits, sardines, bananas)</p> <p>Peel fruit using their hands</p> <p>Tear food to divide it (eg lettuce leaves, fresh herbs)</p> <p>Begin to drain away liquids from packaged food using a sieve or colander (eg tuna or sweet com)</p>	<p>With help, sift flour into a bowl</p> <p>Mix, stir and combine a small amount of cold ingredients in bowl (eg fruit salad)</p>	<p>With help, use hands to shape dough in to simple shapes (eg salt dough)</p> <p>With supervision, use biscuit cutters to cut shapes</p> <p>With help and supervision, put together cold ingredients</p>	<p>Although children will not be cooking hot food, children should understand how hot food is cooked safely by observing adults using the hob, oven, toaster and / or microwave</p> <p>Be able to prepare food for baking with help, such as greasing a baking tray, putting cake cases into a bun tray</p>	<p>With physical guidance, spoon cold food on to a plate</p> <p>With help sprinkle, garnish on cold food (eg herbs, grated cheese)</p>

Key Stage 1

Healthy Eating	Consumer Awareness	Food Safety and Hygiene	Recipes, Ingredients Evaluation	Weighing and Measuring	Cutting and Knife Skills	Mixing	Shaping and Assembling	Heating	Serving and Garnishing
<p>Understand that we all need a balanced diet to be healthy and active and need to eat more or less of different foods</p> <p>Are beginning to use the eatwell plate</p> <p>Are able to eat sociably with others</p> <p>Understand the importance of water and drinking water regularly</p> <p>Understand the importance of regular meals and healthy snacks</p> <p>Understand the types of food that can affect the health of teeth</p>	<p>Know that all food comes from plants or animals and can identify some foods from each group</p> <p>Aware that some food packaging has labels giving information</p> <p>Know some of the influences on the food we eat (eg celebrations, preferences)</p> <p>Understand the importance of not wasting food and know how to recycle packaging</p>	<p>Can follow basic food safety rules when preparing and cooking food</p> <p>With supervision take part in simple clearing up tasks such as clearing and cleaning tables, collecting and disposing of rubbish, sweeping the floor</p> <p>With supervision get ready to cook:</p> <ul style="list-style-type: none"> • Tie back long hair • Put on a clean apron • Wash and dry hands <p>Understand how everyday foods are stored differently to ensure they are safe to eat, (eg fridge or freezer)</p>	<p>Recognise a range of familiar ingredients (eg vegetables, dairy, eggs)</p> <p>Describe the taste of a range of ingredients</p> <p>Identify what they like and dislike about the food they have cooked and how to improve its taste</p> <p>Follow simple recipe instructions, either in simple sentences or using pictures</p>	<p>Use measuring spoons for liquids, solids and dry ingredients</p>	<p>With close supervision, use the bridge hold to cut harder foods using a serrated vegetable knife (eg apple)</p> <p>With close supervision, use the claw grip to cut soft foods using a serrated vegetable knife (eg tomato)</p> <p>With close supervision, mash cooked food (eg potatoes with a masher)</p> <p>With close supervision, peel soft vegetables using a peeler (eg cucumber)</p> <p>With close supervision, cut food into evenly sized largish pieces (eg potatoes)</p> <p>With close supervision, and physical guidance if necessary, peel harder food (eg apple, potato)</p> <p>With close supervision, use a melon baller to core an apple</p> <p>With close supervision, grate soft food, using a grater (eg cheese)</p> <p>Drain away liquids from packaged food using a sieve or colander (eg tuna or sweet corn)</p> <p>Use a lemon squeezer</p>	<p>Sift flour into bowl</p> <p>Mix, stir and combine liquid and dry ingredients (eg muffins)</p> <p>With help, use hands to rub fat into flour (eg rock buns)</p> <p>With help crack an egg and beat together using a fork</p>	<p>With physical guidance and supervision, use a small table knife for spreading soft spreads on to bread</p> <p>Use hands to shape dough in to small balls or shapes</p> <p>With help and supervision, assemble and arrange cold ingredients (eg sandwich, fruit kebabs, bruschetta)</p>	<p>Although children will not be cooking hot food, children should understand how hot food is cooked safely by observing adults using the hob, oven, toaster and/or microwave</p> <p>Be able to prepare food for baking and frying such as greasing baking tins and adding oil to frying pans / saucepans</p>	<p>With guidance, use a tablespoon to serve cold food into bowls or plates</p> <p>With guidance, pour or drizzle dressing on to salads</p> <p>Lightly sprinkle garnish on cold food (eg herbs, grated cheese)</p>

Lower Key Stage 2

Healthy Eating	Consumer Awareness	Food Safety and Hygiene	Recipes and Ingredients	Weighing Measuring	Cutting and Knife Skills	Mixing	Shaping Assembling	Heating	Serving Garnishing
<p>Understand what makes a healthy and balanced diet, and that different foods and drinks provide different substances the body needs to be healthy and active</p> <p>Are able to use the eatwell plate</p> <p>Understand the value of eating sociably</p> <p>Understand the importance of keeping hydrated</p> <p>Begin to understand appropriate portion sizes for regular meals and healthy snacks</p> <p>Know the importance of a healthy breakfast</p> <p>Understand how to keep teeth healthy</p>	<p>Understand that food is caught or farmed and changed to make it safe and palatable / tasty to eat</p> <p>Understand that people have different views on how food is produced and that this influences the food they buy</p> <p>Begin to be able to read and understand food labels</p> <p>Understand that there are a variety of influences on the food we choose to eat (eg who we are with, season, health, occasion)</p> <p>Know the importance of, and be able to, recycle food-related waste</p>	<p>Know and can follow basic food safety rules</p> <p>Understand how bacteria in food can cause food poisoning or food to go mouldy</p> <p>Know how to get ready to cook:</p> <ul style="list-style-type: none"> • Tie back long hair • Put on a clean apron • Wash and dry hands <p>With guidance follow procedures for clearing up such as washing and drying utensils, clearing and cleaning tables, sweeping the floor, disposing of rubbish, putting equipment away</p> <p>Understand how a variety of foods are stored differently to ensure they are safe to eat (eg fridge or freezer)</p>	<p>Recognise and name a broad range of ingredients (eg cereals, meat, fish)</p> <p>Use simple food descriptors relating to flavour, texture and appearance</p> <p>Identify what they would do differently next time to improve what they have made</p> <p>Read and follow a simple recipe</p>	<p>Begin to use a jug to measure liquids</p> <p>Begin to use weighing scales</p>	<p>With supervision, begin to use the claw grip to cut harder foods using a serrated vegetable knife (eg carrot)</p> <p>With supervision, begin to use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion)</p> <p>With supervision, use a masher to mash hot food to a fairly smooth texture</p> <p>With supervision, begin to peel harder food (eg apple, potato)</p> <p>With supervision, cut foods into evenly sized strips or cubes (eg peppers, cheese)</p> <p>With supervision, crush garlic using a garlic press</p> <p>With supervision, grate harder food using a grater (eg apples, carrots)</p>	<p>Sieve flour, raising agents and spices together in to a bowl</p> <p>Mix, stir and combine wet and dry ingredients uniformly (eg to form a dough)</p> <p>Crack an egg and beat with balloon whisk</p> <p>Use hands to rub fat into flour (eg scones, apple crumble))</p> <p>Cream fat and sugar together using a mixing spoon</p>	<p>Knead and shape dough in to evenly sized shapes</p> <p>Use a rolling pin to flatten and roll out dough (eg scones)</p> <p>With supervision, use biscuit cutters</p> <p>Assemble and arrange ingredients for simple dishes (eg apple crumble, scrambled egg on toast)</p> <p>Coat food with egg and breadcrumbs (eg fish cakes)</p>	<p>With help and supervision, begin to use a toaster or microwave (e.g beans on toast)</p> <p>With very close supervision, and physical guidance when necessary, handle hot food safely; once adults have removed food from the hob or oven use oven gloves and a fish slice to remove scones from the baking tray</p> <p>Although pupils will not be cooking food on the hob or in the oven, pupils should understand how to use them safely by observing adults cooking on the hob and putting in and removing food from the oven</p>	<p>Begin to recognise appropriate ingredients to garnish hot and cold food</p> <p>With supervision, sprinkle garnish on hot dishes (eg grated cheese on pasta)</p> <p>Use spoons or jugs to serve equal portions of food or drinks in to cups, plates or bowls</p> <p>Begin to understand appropriate portion sizes when serving food</p> <p>Begin to understand what types of food can be served together to make a balanced meal</p>

Upper Key Stage 2

Healthy Eating	Consumer Awareness	Food Safety and Hygiene	Recipes Ingredients	Weighing Measuring	Cutting and Knife Skills	Mixing	Shaping Assembling	Heating	Serving and Garnishing
<p>Are able to make food choices taking in to consideration the eatwell plate</p> <p>Understand the main food groups and the different nutrients that are important for health</p> <p>Know appropriate portion sizes and the importance of not skipping meals, including breakfast</p>	<p>Understand some of the basic processes to get food from farm to plate</p> <p>Understand some of the ethical dilemmas associated with the food people choose to buy</p> <p>Are able to use information on food labels to inform choice</p> <p>Understand social influences on the food we choose to eat (eg media, peer pressure, ethics)</p>	<p>Are able to independently get ready to cook:</p> <ul style="list-style-type: none"> • Tie back long hair • Wear a clean apron • Remove nail varnish and jewellery • Wash and dry hands <p>Demonstrate good food safety practices when getting ready to store, prepare and cook food (eg keep raw meats away from other food)</p> <p>Know, and can follow, food safety rules and understand their purpose</p> <p>Can independently follow procedures for clearing up</p>	<p>Identify how they would change the recipe to improve the food they have made</p> <p>Use a range of food descriptors relating to flavour, texture and appearance</p> <p>Compare different versions of the same dish and identify how they would change the recipe next time</p> <p>Confidently read and follow a recipe</p>	<p>Accurately use a jug to measure liquids</p> <p>Accurately use weighing scales</p>	<p>With supervision, confidently use the claw grip to cut harder foods using a serrated vegetable knife (eg carrot)</p> <p>With supervision, confidently use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion)</p> <p>With supervision, confidently peel harder food using a peeler (eg apple, potato)</p> <p>With supervision, dice foods and cut them into evenly sized, fine pieces (eg garlic, vegetable batons, herbs)</p> <p>With supervision, finely grate hard foods (eg zesting, parmesan cheese)</p> <p>With support, use a can opener and open ring-pull tins</p>	<p>Sieve wet and dry ingredients with precision</p> <p>Confidently crack an egg</p> <p>With help begin to separate eggs</p> <p>Use finger tips to rub fat into flour to make fine 'bread crumbs' (eg apple crumble)</p> <p>With supervision, whisk using an electric hand mixer (eg eggs)</p> <p>With supervision, cream fat and sugar together using an electric hand mixer</p> <p>With supervision, use a food processor or electric hand blender to mash, blend or puree hard ingredients or hot food (eg chickpeas for hummus or vegetables for soup)</p>	<p>Knead and shape dough in to a variety of shapes</p> <p>Use hands to shape mixtures in to evenly sized pieces (eg burgers)</p> <p>Use a rolling pin to roll out dough to a specific thickness (eg pizza)</p> <p>Use biscuit cutters accurately</p> <p>Assemble, arrange and layer more advanced dishes (eg apple sponge pudding, shepherd's pie)</p> <p>Spread food evenly with a coating, paste or glaze</p>	<p>With help and supervision, begin to use the hob or electric saucepan (wok or stock pot) to cook simple dishes (eg burgers, soup)</p> <p>Although pupils will not be putting in or removing food from the oven, they should understand how to use the oven safely by observing adults</p> <p>With supervision, handle hot food safely, using oven gloves to carefully remove cooked food with a fish slice from a baking tray on to a cooling rack</p>	<p>Be able to choose appropriate ingredients to garnish hot and cold dishes</p> <p>With supervision, be able to use a spoon, ladle or jug to serve hot liquids (eg soup)</p> <p>Cut food in to equal sized portions for the number being served (eg slicing pizza into eighths)</p> <p>Understand appropriate portion sizes when serving food</p> <p>Are able to plan and serve their own breakfast and a simple balanced cooked meal (eg pizza and salad, soup and bread rolls)</p>

Programme of cooking for Year 2021/2022 at King's Hill Primary School

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p><u>Sponge birthday cake</u></p> <ul style="list-style-type: none"> * Measuring using balance scales *Scraping out bowl with spatula *Sieve flour *Mixing, stirring and combining ingredients *Beating ingredients together 	<p><u>Chocolate sparklers</u></p> <ul style="list-style-type: none"> *Arranging/ingredients/Toppings *Garnishing/decorating <p>*Scraping out bowl with spatula</p>	<p><u>Egg mayo sandwiches</u></p> <ul style="list-style-type: none"> * Spreading butter with back of spoon * Mashing hard boiled egg * Beating ingredients <p><u>Easter nest cakes</u></p> <ul style="list-style-type: none"> * Crumbling chocolate * Beating ingredients together * Scraping bowl out with spatula * Garnishing and decorating 	<p><u>Porridge</u></p> <ul style="list-style-type: none"> * Using measuring spoons and cups * Using jug to measure liquids * Seasoning to taste * Garnishing and decorating 	<p><u>Vegetable soup</u></p> <ul style="list-style-type: none"> * Peeling carrot using spoon * Season to taste <p><u>Milkshake</u></p> <ul style="list-style-type: none"> * Using jug to measure liquids <p><u>Fresh orange juice</u></p> <ul style="list-style-type: none"> * Using a lemon squeezer 	<p><u>Fruit Salad</u></p> <ul style="list-style-type: none"> * Bridge knife techniques to chop soft fruit * Garnishing and decorating <p><u>Plum Tart</u></p> <ul style="list-style-type: none"> * Sieving flour * Kneading * Handling and rolling shortcrust pastry * Using measuring spoons and cups <p><u>Jam sandwiches</u></p> <ul style="list-style-type: none"> *Spreading butter/jam with back of spoon

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p><u>Sponge birthday cake</u></p> <ul style="list-style-type: none"> * Measuring using balance scales * Sieve flour * Mixing, stirring and combining ingredients 	<p><u>Mango Lassi</u></p> <ul style="list-style-type: none"> * Scooping/removing mango flesh from hedgehogged shell 	<p><u>Egg mayo sandwiches</u></p> <ul style="list-style-type: none"> * Spreading butter with back of spoon * Mashing hard boiled egg * Beating ingredients <p><u>Easter nest cakes</u></p> <ul style="list-style-type: none"> * Crumbling chocolate * Beating ingredients together * Scraping bowl out with spatula <p>Garnishing and decorating</p>	<p><u>Porridge</u></p> <ul style="list-style-type: none"> * Using measuring spoons and cups * Using jug to measure liquids * Seasoning to taste <p>* Garnishing and decorating</p>	<p><u>Veg soup</u></p> <ul style="list-style-type: none"> * Peeling carrot using spoon * Season to taste <p><u>Milkshake</u></p> <ul style="list-style-type: none"> * Using jug to measure liquids <p><u>Fresh orange juice</u></p> <ul style="list-style-type: none"> * Using a lemon squeezer 	<p><u>Fruit Salad</u></p> <ul style="list-style-type: none"> * Bridge knife techniques to chop soft fruit * Garnishing and decorating <p><u>Plum Tart</u></p> <ul style="list-style-type: none"> * Using measuring spoons and cups * Sieving flour * Kneading * Handling and rolling shortcrust pastry <p><u>Jam sandwiches</u></p> <ul style="list-style-type: none"> * Spreading butter/jam with back of spoon

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p><u>Food For Life Pancakes</u> *Using measuring cups and spoons *Using balance scales *Adding liquid to flour</p>	<p><u>Enrichment Pizzas</u> * Adding liquid to flour * Mixing to form bread dough * Kneading * Crumbling cheese * Arranging ingredients/toppings * Spreading with the back of a spoon-pizza topping * Garnishing and decorating</p>	<p><u>Apple and Blueberry Crumble</u> * Using measuring cups/spoons *Using balance scales * Rubbing fat into flour * Arranging ingredients/toppings * Seasoning to taste</p>	<p><u>Healthy Soup</u> * Tearing herbs</p>	<p><u>DT Teddy Bears Picnic Rainbow Omelette Cakes</u> * Claw knife technique * Beating an egg * Whisking an egg * Dividing mixture into tins <u>Biscuits</u> * Beating an egg * Beating ingredients together * Kneading * Cutting out rolled biscuit mix <u>Fruit Skewers</u> * Bridge knife technique for cutting fruit * Claw knife technique for cutting fruit * Garnishing and decorating</p>	<p><u>Couscous and feta cheese Salad</u> * Crumbling cheese * Arranging ingredients/toppings * Beating ingredients in a salad dressing * Garnishing and decorating * Using fork to fluff cous cous</p>

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	<p><u>Smoothie using a variety of fruit and vegetables.</u></p> <ul style="list-style-type: none"> * Bridge knife technique for cutting fruit * Claw knife technique for cutting fruit * Using a jug to measure liquids 	<p><u>Healthy Oat Bars</u></p> <ul style="list-style-type: none"> * Using measuring spoons and cups * Using a spoon to combine ingredients * Scraping a bowl out with a spatula * Spreading using a table knife/spatula 	<p><u>Cooking linked to Geography topic – Githeri Kenyan Vegetable Bean Stew</u></p> <ul style="list-style-type: none"> * Use combination of bridge and claw techniques to chop softer vegetables * Snipping herbs Using a jug to measure liquids * Seasoning to taste 	<p><u>Healthy vegetable wrap.</u></p> <ul style="list-style-type: none"> * Spreading a spread with a table knife * Seasoning to taste * Claw knife technique * Bridge Knife technique Garnishing and decorating 	<p><u>Cooking linked to DT – Seaside Snacks Sandwiches</u></p> <ul style="list-style-type: none"> * Spreading butter with a table knife * Arranging ingredients * Seasoning to taste <p><u>Edible Boats</u></p> <ul style="list-style-type: none"> * Peeling soft vegetables- Courgettes Scooping out aubergine, pepper, avocado, and pepper using a spoon * Combining ingredients Grate cheese * Crumble grated cheese on vegetables <p>OR</p> <ul style="list-style-type: none"> * Claw knife cut oranges in half Use jug to measure liquids * Mix jelly with water to dissolve with supervision <p><u>Edible cake decorations</u></p> <ul style="list-style-type: none"> * Garnishing and decorating cupcakes 	<p><u>Cooking in after-school enrichment club – Rainbow fruit skewers.</u></p> <ul style="list-style-type: none"> * Bridge knife technique for cutting fruit * Claw knife technique for cutting fruit * Garnishing and decorating

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Year 3	<p><u>Baked Apples</u></p> <ul style="list-style-type: none"> * Mix ingredients using a spoon * Spoon ingredients into a cored apple 	<p><u>Bruschetta with tomato and onion topping</u></p> <ul style="list-style-type: none"> * Combination of bridge and claw to chop tomatoes and onions * Crushing garlic * Combining ingredients with oil using a spoon Spoon mixture onto toasted bread 	<p><u>Food Sculptures- Chopping, peeling, spreading</u></p> <ul style="list-style-type: none"> * Combination of bridge and claw to chop fruit and vegetables * Peeling fruit/vegetables using a peeler – under supervision * 	<p><u>Beetroot and herby cheese parcels</u></p> <ul style="list-style-type: none"> * Creaming cream cheese * Beat ingredients together * Season to taste * Handle and fold filo pastry Divide mixture between triangle of filo pastry 	<p><u>Foods of Florida Key Lime Pie</u></p> <p><u>Freshly squeezed orange juice,</u></p> <p><u>Hot Cuban Sandwich</u></p> <ul style="list-style-type: none"> * Crush digestives in bag with rolling pin * Mix melted butter with digestives with spatula Spread with back of spoon in tin Grate limes * Beat eggs and combine with condensed milk and grated lime *Decorate with whipped cream

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	<p><u>Vegetable soup</u></p> <ul style="list-style-type: none"> * Peeling vegetables * Combination of claw and bridge technique to chop vegetables * Using Jug to measure liquids * Seasoning to taste 	<p><u>Porridge and healthy toppings</u></p> <ul style="list-style-type: none"> * Using measuring spoons and cups * Using jug to measure liquids * Seasoning to taste * Garnishing and decorating 	<p><u>Chocolate and Beetroot Muffins</u></p> <ul style="list-style-type: none"> * Sieve dry ingredients together * Mix in sugar * Cracking eggs * Combine food processed beetroot and whisk together with eggs * Fold dry ingredients into wet mixture Scrape out bowl with a spatula * Divide mixture into muffin tins * Decorate with icing sugar 	<p><u>Fruit Coleslaw</u></p> <ul style="list-style-type: none"> * Combine bridge and claw method to chop vegetables and fruit * Grate harder ingredients * Pour over lemon juice * Mix all ingredients using a spatula and combine * Combine ingredients for dressing * Season to taste * Combine mixed ingredients and dressing Mix with spatula 	<p><u>Vegetable Samosa</u></p> <ul style="list-style-type: none"> * Use bridge and claw to chop onions and potatoes * Use hob with supervision to sweat vegetables * Add frozen vegetables and cook slowly * Handling and roll filo pastry Brush oil on filo pastry * Spread mixture onto each piece of filo * Fold into triangles Adult to fry 	<p><u>Kiwi and Apple Zinger</u></p> <ul style="list-style-type: none"> * Using Bridge method-chop kiwis and bananas * Use jug to measure liquids * Use Measuring spoon * With adult supervision-place kiwi fruit, banana, apple and lime juice in blender. * Pour liquid over ice cubes

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	<p><u>Pizza Margherita</u></p> <ul style="list-style-type: none"> * Sieving flour * Combining dry ingredients * Adding liquid to flour mixture * Kneading * Shaping pizza base * Spreading tomato base with back of spoon * Arranging ingredients/topping * Seasoning to taste 	<p><u>Winter Vegetable Soup</u></p> <ul style="list-style-type: none"> * Claw technique to chop vegetable * Seasoning to taste * Using hob to sweat vegetables (with adult supervision) * Using jug to measure liquid 	<p><u>Apple Crumble</u></p> <ul style="list-style-type: none"> * Claw technique to chop apples * Using measuring spoons and cups * Rubbing fat into flour * Sweating apples with sugar and a little water * Arranging ingredients/toppings 	<p><u>Tudor Biscuits</u></p> <ul style="list-style-type: none"> * Combining dry ingredients * Cracking an egg * Adding eggs to dry ingredients Folding dry mix and eggs together * Mixing to form a dough * Shaping dough into Tudor knot shapes * Glazing with milk 	<p><u>Meringues</u></p> <ul style="list-style-type: none"> * Cracking an egg * Separating eggs * Whisking egg whites * Bridge technique to cut soft fruit * Whisking cream * Arrange toppings/cream on meringues 	<p><u>Fruit Pie</u></p> <ul style="list-style-type: none"> * Claw technique to chop fruit * Sweating fruit with sugar and a little water * Use measuring spoons and cups * Combine dry ingredients in bowl * Rub fat into flour * Add liquid to flour mix * Mix to form pastry dough * Roll out shortcrust pastry * Cut out shortcrust pastry * Glaze with milk/egg

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	<p><u>Healthy Smoothies</u></p> <ul style="list-style-type: none"> * Using Bridge and claw method-chop soft/hard fruits * Use jug to measure liquids * Use Measuring spoon * With adult supervision-place kiwi fruit, banana, apple and lime juice in blender. * Pour liquid over ice cubes 	<p><u>Eton Mess with Yoghurt and Strawberries</u></p> <ul style="list-style-type: none"> * Cracking an egg * Separating eggs * Whisking egg whites * Bridge technique to cut soft fruit * Whisking cream * Arrange toppings/yoghurt on meringues 	<p><u>Oat Cakes</u></p> <ul style="list-style-type: none"> * Use measuring spoons and cups * Combine dry ingredients in bowl * Rub fat into flour * Add liquid to flour mix * Mix to form dough * Roll out dough * Cut out using cutter 	<p><u>Burritos</u></p> <ul style="list-style-type: none"> * Warm tortillas in microwave * Using the back of a spoon, spread a thin layer of the refried beans over each tortilla * Add cooked rice, again spreading with the back of a spoon * Cut and slice avocado using claw techniques with supervision and add to top of rice * Add already shredded chicken and a variety of suitable vegetables and a dollop of prepared salsa 	<p><u>Savoury Pies</u></p> <ul style="list-style-type: none"> * Claw technique to chop vegetables * Sweating vegetables with a little oil (with supervision) * Handle and roll pre prepared puff pastry * Cut out rolled pastry * Add vegetables To pastry and seal around edges 	<p><u>Mediterranean Salad</u></p> <ul style="list-style-type: none"> * Mixture of claw and bridge technique to chop vegetables * Beat oils and vinegar and mustard to make dressing * Arrange a variety of salad vegetables in bowl * Add chickpeas * Crumble feta cheese over salad Drizzle dressing over salad