





Theme: Healthy Me Week - Cooking

Duration: 2.5 hours

Rationale: To build on children's previous knowledge and understanding of cooking skills and knowledge about eating healthily

Supporting Scheme:

			
Collaboration – Communication Can communicate effectively in a range of ways.	Approach – Control impulses and express curiosity Can control emotions and make the right choices	Empathy – Kindness Make all in our community feel valued	Collaboration – Group work Works cooperatively with others

	Vocabulary	Knowledge	Resources	Enrichment	Reading
Toast and jam EYFS	<p>Healthy diet- a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy</p> <p>Varied diet- eating foods from across all food groups</p> <p>Preparing- to make ready beforehand for some purpose</p> <p>Taste - the sense by which sweet, sour, bitter, or salty flavours are detected through sense organs (taste buds) in the tongue.</p> <p>Recipe- a set of instructions for preparing a particular dish, including a list of the ingredients required</p> <p>Hygiene - conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness</p>	<p>Know and understand that clean hands prevent the spread of germs.</p> <p>Understanding the difference between fruits and vegetables</p> <p>To understand that some foods typically known as vegetables are actually fruits (e.g. cucumber)</p> <p>To know that a fruit has seeds and a vegetable does not</p> <p>To know that fruits grow on trees or vines</p> <p>To know that vegetables can grow either above or below ground</p> <p>To know that vegetables can come from different parts of the plant (e.g. roots: potatoes, leaves: lettuce, fruit: cucumber)</p>	<p>Bread</p> <p>Butter</p> <p>Jam</p> <p>Chopping board</p> <p>knife</p>	<p>Whole school will be cooking for healthy me week</p> <p>Selection of children will go shopping for ingredients</p>	<p>Beans on toast by Paul Dowling</p> <p>https://www.youtube.com/watch?v=qWHjt6CisuY</p>
Sandwiches	<p>Texture - Refers to how something feels, including its appearance and consistency</p> <p>Taste - the sense by which sweet, sour, bitter, or salty flavours are detected</p>	<p>Know and understand that clean hands prevent the spread of germs.</p> <p>Understanding the difference between fruits and vegetables</p> <p>To understand that some foods typically known as vegetables are actually fruits (e.g. cucumber)</p>	<p>Bread</p> <p>Butter</p> <p>Ham</p> <p>Cheese</p>		<p>Carla's sandwich by Debbie Herman and Shelia Bailey</p>

<p>Cheese/ ham</p> <p>Year 1</p>	<p>through sense organs (taste buds) in the tongue.</p> <p>Healthy diet- a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy</p> <p>Varied diet- eating foods from across all food groups</p> <p>Preparing- to make ready beforehand for some purpose</p> <p>Cutting- incorporating the butter into the flour in such a way that little lumps of the raw butter remain whole within the flour mixture</p> <p>Chopping- cut (something) into pieces</p> <p>Recipe- a set of instructions for preparing a particular dish, including a list of the ingredients required</p> <p>Hygiene - conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness</p>	<p>To know that a fruit has seeds and a vegetable does not</p> <p>To know that fruits grow on trees or vines</p> <p>To know that vegetables can grow either above or below ground</p> <p>To know that vegetables can come from different parts of the plant (e.g. roots: potatoes, leaves: lettuce, fruit: cucumber)</p>	<p>Chopping board knife</p>		<p>https://www.youtube.com/watch?v=GJpyAOrH3Z4</p>
<p>Apple crumble</p> <p>Year 2</p>	<p>Alternative - a chance to choose between two things</p> <p>Balanced diet - balanced amounts in proper proportions of carbohydrates, fats, proteins, vitamins, minerals, and water intake</p> <p>Evaluation - the process of deciding if you've done something the best way, and looking at what could be improved</p> <p>Expensive - costing a lot of money</p> <p>Healthy - being sound and well, not sick</p> <p>Ingredients - any substance that is added to a food to achieve a desired effect</p>	<p>To know that 'diet' means the food and drink that a person or animal usually eats</p> <p>To understand what makes a balanced diet</p> <p>To know where to find the nutritional information on packaging</p> <p>To know that the five main food groups are: Carbohydrates, fruits and vegetables, protein, dairy and foods high in fat and sugar</p> <p>To understand that I should eat a range of different foods from each food group, and roughly how much of each food group</p> <p>To know that nutrients are substances in food that all living things need to make energy, grow and develop</p> <p>To know that 'ingredients' means the items in a mixture or recipe</p> <p>To know that I should only have a maximum of five teaspoons of sugar a day to stay healthy</p>	<p>Flour Butter Sugar Cooked apples Scales Mixing bowls Spoons Dishes Knife</p>		<p>The biggest apple ever by Stephen Crawl</p> <p>https://www.youtube.com/watch?v=EyxXyKpZdac</p>

	<p>Nutrients - a substance that is needed for healthy growth, development, and functioning</p> <p>Sugar - a type carbohydrate that adds sweetness to food and drinks</p>	To know that many food and drinks we do not expect to contain sugar do; we call these 'hidden sugars'			
<p>Pasta sauce</p> <p>Year 3</p>	<p>Balanced diet - balanced amounts in proper proportions of carbohydrates, fats, proteins, vitamins, minerals, and water intake</p> <p>Ingredients - any substance that is added to a food to achieve a desired effect</p> <p>Nutrients - a substance that is needed for healthy growth, development, and functioning</p> <p>Sugar - a type carbohydrate that adds sweetness to food and drinks</p> <p>Natural - Processed - foods that are changed from their natural form</p> <p>Reared - where animals are brought up for the purpose of providing food in one way or another</p> <p>Recipe - instructional text used when cooking or baking food. It tells the person cooking the food, what ingredients they should use</p> <p>Seasonal - different foods grow better at different times of the year</p>	<p>To know that not all fruits and vegetables can be grown in the UK</p> <p>To know that climate affects food growth</p> <p>To know that vegetables and fruit grow in certain seasons</p> <p>To know that cooking instructions are known as a 'recipe'</p> <p>To know that imported food is food which has been brought into the country</p> <p>To know that exported food is food which has been sent to another country.</p> <p>To understand that imported foods travel from far away and this can negatively impact the environment</p> <p>To know that each fruit and vegetable gives us nutritional benefits because they contain vitamins, minerals and fibre</p> <p>To understand that vitamins, minerals and fibre are important for energy, growth and maintaining health</p> <p>To know safety rules for using, storing and cleaning a knife safely</p> <p>To know that similar coloured fruits and vegetables often have similar nutritional benefits</p>	<p>Tomatoes</p> <p>Garlic</p> <p>Onions</p> <p>Basil</p> <p>Oil</p> <p>Pasta</p> <p>Saucepan</p> <p>Collider</p>		

<p>Bread</p> <p>Year 4</p>	<p>Adapt – to change or alter something to fit a given purpose, or to improve it</p> <p>Budget – set an amount of money that can be used for something or for a project and making sure that you record what you have spent and don't spend more than the amount you set</p> <p>Equipment – items and objects that you need to complete a task</p> <p>Evaluation – when you look at the good and bad points about something, then think of how you can improve it</p> <p>Flavour – how food or drink tastes eg bitter, sweet, salty, sour</p> <p>Ingredients – items that make up a mixture, eg foods that make a recipe</p> <p>Method – follow a process or a list of instructions</p> <p>Quantity – an amount of an item</p> <p>Recipe – a set of instructions for making or preparing a food item or dish</p> <p>Unit of measure – a unit which you use to measure a quantity, grams, litres, centimetres etc</p>	<p>To know that the amount of an ingredient in a recipe is known as the 'quantity'</p> <p>To know that it is important to use oven gloves when removing hot food from an oven</p> <p>To know the following cooking techniques: sieving, creaming, rubbing method, Cooling</p> <p>To understand the importance of budgeting while planning ingredients for bread</p>	<p>Bread mix</p> <p>Oil</p> <p>Water</p> <p>Measuring jug</p> <p>Bread tins</p>		<p>The bread stories by</p> <p>https://www.youtube.com/watch?v=GEJHcSjnLR0</p>
<p>Banana muffs</p> <p>Year 5</p>	<p>Ingredients – items that make up a mixture, eg foods that make a recipe</p> <p>Processed - means the food item has been altered in some way or the other</p> <p>Diet - food and drink regularly provided or consumed</p> <p>Ingredients - one of the substances that make up a mixture</p> <p>Supermarket - large grocery stores that sell a large variety of fresh and</p>	<p>To understand where meat comes from - learning that beef is from cattle and how beef is reared and processed, including key welfare issues</p> <p>To know that I can adapt a recipe to make it healthier by substituting ingredients</p> <p>To know that I can use a nutritional calculator to see how healthy a food option is</p> <p>To understand that 'cross-contamination' means that bacteria and germs have been passed onto ready-to-eat foods and it happens when these foods mix with raw meat or unclean objects</p> <p>Adapting a traditional recipe, understanding that the nutritional value of a recipe alters if you remove, substitute or add additional ingredients.</p>	<p>Ripe bananas</p> <p>Flour</p> <p>Oil</p> <p>Eggs</p> <p>Vanilla extracts</p> <p>Muffin cases</p> <p>Mixing bowl</p> <p>Weighing scales</p> <p>Measuring jug</p> <p>Spoons</p> <p>Muffin tins</p>		

	<p>packaged food and other consumer or household products</p> <p>Balanced – ensuring that they are getting all the essential vitamins, minerals and other nutrients that children need for healthy growth and development.</p>	<p>Writing an amended method for a recipe to incorporate the relevant changes to ingredients.</p> <p>Cutting and preparing recipes safely.</p> <p>Using equipment safely, including knives, hot pans and hobs.</p> <p>Knowing how to avoid cross-contamination.</p> <p>Following a step-by-step method carefully to make a recipe.</p> <p>Identifying the nutritional differences between different products and recipes.</p> <p>Identifying and describing healthy benefits of food groups</p>	Cooling rack		
<p>Sausage rolls</p> <p>Year 6</p>	<p>Flavour – how food or drink tastes eg bitter, sweet, salty, sour</p> <p>Ingredients – items that make up a mixture, eg foods that make a recipe</p> <p>Method – follow a process or a list of instructions</p> <p>Recipe – a set of instructions for making or preparing a food item or dish</p> <p>Bridge method – the bridge to cut the food. Safety. This method ensures that fingers are out of the way as the knife cuts through the food.</p> <p>Cross-contamination – the physical movement or transfer of harmful bacteria from one person, object or place to another</p> <p>Farm to fork – denoting locally sourced fresh produce supplied direct to customers; same as farm-to-table</p> <p>Preparation – the act of getting something ready</p>	<p>To know that 'flavour' is how a food or drink tastes.</p> <p>To know that many countries have 'national dishes' which are recipes associated with that country.</p> <p>To know that 'processed food' means food that has been put through multiple changes in a factory.</p> <p>To understand that it is important to wash fruit and vegetables before eating to remove any dirt and insecticides.</p> <p>To understand what happens to a certain food before it appears on the supermarket shelf (Farm to Fork).</p>	<p>Sausage meat</p> <p>Flour</p> <p>Butter</p> <p>Water</p> <p>Measuring jug</p> <p>Weighing scales</p> <p>Mixing bowl</p> <p>Spoons</p> <p>Rolling pins</p> <p>Baking tray</p>		