

# EXAMPLE COOKING SKILLS CURRICULUM

## Key Stage 1



Session	Recipe	Cooking skills	Curriculum & topic links	Links to growing	Preparation required	Health and Safety
1 Early Autumn Term	Tomato and Basil Tartlets	Rolling and cutting out pastry Spreading with the back of a spoon, 'Bridge' cherry tomatoes in half Tearing mozzarella and basil Assembling and arranging toppings	Literacy - following instructions and flavour words Teddy Bears picnic	Harvesting tomatoes. Tomato seed saving. Growing basil on the windowsill.	Portion pastry, thinly slice salad tomatoes, prepare set-out	Teacher to manage the oven. Keep sharp knives out of reach until needed in lesson. Use nut-free pesto.
2 Late Autumn Term	Apple and Apricot Filo Parcels	Portioning fruit filling Using measuring spoons Folding and shaping filo pastry Brushing with oil	Apple Day afternoon tea Numeracy - shapes	Apple varieties Planting apple trees	Defrost filo pastry, peel and dice apple and save in lemon juice / water, prepare set-out	Teacher to manage the oven and hot baking trays
3 Early Spring Term	Patatas Bravas	'Bridge' potatoes and green pepper Peeling and crushing garlic Grinding pepper Using measuring spoons	Spanish Culture Numeracy - measuring liquids	Potatoes -varieties and chitting. Planting out garlic (Nov) Sowing pepper seeds in the greenhouse.	Cook potatoes, prepare green pepper to size, prepare set-out, purchase foil trays	Manage the oven and hot roasting tins. Keep sharp knives out of reach until needed in lesson

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4 Late Spring Term	Croustades	Using cutters Brushing with oil Assembling ingredients Portioning	The Enormous Leek story and France	The onion family. Sowing leeks and onions outside. How mushrooms grow.	Prepare leeks and mushrooms for sauté demonstration in lesson. Grate cheese and prepare set-outs	Teacher to manage cooking process using table-top induction hob. Manage the oven and hot roasting tins.
5 Early Summer Term	Jumping Bean Couscous Salad (use early broad beans in recipe if available)	Weighing couscous 'Bridge' tomatoes and 'claw' strips of pepper Snipping herbs in a jug Assembling and mixing ingredients	Science – growing beans Numeracy – weighing and measuring	Harvesting autumn planted broad beans. Sowing beans. Diary of runner bean development	Cut peppers in to strips, use canned oranges, open and drain kidney beans, prepare set-out	Assist pupils when using knives. Teacher pour boiling water onto couscous.
6 Late Summer Term	Wensleydale and Pea Salad	'Bridge' cooked potatoes Crumbling cheese Tearing leaves & herbs Snipping herbs in a jug Measuring liquids for salad dressing Presentation of food	School trip / topic – The Picnic	Harvesting potatoes, peas, herbs and salad leaves. Sowing winter salads.	Cook potatoes, prepare ingredients to size, prepare set-out	Assist pupils when using knives