

## Food Programme of Study

Autumn Term / Year	Recipe	Food knowledge	DT / Cooking Skills
1	Food -Cooking and nutrition – decorate a biscuit –		mixing, spreading.
2	Cooking and nutrition – fruit smoothies – <a href="#">Raspberry ritz smoothie</a> <a href="#">Citrus strawberry smoothie</a>	Health and hygiene. Names of fruits Taste different fruits	chopping, mixing, blending.
3	Food Make banana porridge.	Where bananas grow – different climates Breakfast	chopping, heating on hob
4	<b>DT – cooking and nutrition– pasta with tomato and basil sauce</b> <a href="#">basic tomato sauce</a> <b><a href="#">Friendship pizza</a></b>		<b>chopping, boiling, hygiene</b>
5	Cooking and nutrition – make potato cakes with greek salad	Prepare ingredients, seasonality, health and hygiene ( use oven )	chopping, grating ? , heating in oven
6	Cooking and nutrition – roasted veg with herbs <a href="#">Pasta salad with roasted veg</a>	Hygiene.	Peeling, washing, chopping, roasting.

Spring Term / Year	Recipe	Food knowledge	DT / Cooking Skills
1	DT – cooking and nutrition– simple sandwiches –	Health and hygiene Different sandwich fillings	spreading, cutting, chopping.
2	DT ( <u>design, make, evaluate</u> ) Food -Cooking and nutrition Make scones		weighing, mixing, stirring, baking– properties of ingredients, hygiene.
3	Soup – simple recipes – <b><u>Butternut squash and red pepper soup</u></b>	Health and hygiene.	chopping, preparing, selecting ingredients. (use hob)
4	Scrambled egg on toast –	Where eggs and butter come from – farm animals	whisking, microwave, toasting, spreading.
5	Bread – weighing, mixing, needing, baking – properties of yeast. Hygiene. <b><u>Foccaccia</u></b>	bread from around the world	weighing, mixing, needing, baking – properties of yeast.
6	Cooking and nutrition– linked to ww2 / Lord Woolton pie Children to research recipes? Eg carrot and potato mash? Wartime vegetable turnovers. <b><u>Woolton Pie</u></b>		chopping, peeling

Summer Term / Year	Recipe	Food knowledge	DT / Cooking Skills
1	Food- Cooking and nutrition –fruit salad		cutting and chopping
2	<a href="#">DT – cooking and nutrition– Mexican bean and tomato salad</a>		cutting, chopping, mixing. hygiene
3	DT – cooking and nutrition Toasted sandwiches		spreading, grating, chopping, toasting. hygiene.
4	Cheese and pepper tarts – pastry.		Weighing, mixing, rolling, baking, grating, chopping.
5	Make vegetable curry.	Spices from around the world	Prepare ingredients, seasonality, health and hygiene
6	Omelettes –		whisking, grating, chopping, frying, hygiene.