

Cooking Curriculum Overview



Year group	Unit 1	Unit 2	Unit 3
Nursery	Delicious dip https://www.foodafactoflife.org.uk/recipes/3-5-years/delicious-dip/	Stripy salad pots https://www.foodafactoflife.org.uk/recipes/healthy-eating-week/stripy-salad-pots/	Oaty apple and orange squares https://www.foodafactoflife.org.uk/recipes/breakfast/oat-y-apple-and-orange-squares/
skills	Measure Mix, stir & combine	Grate Snip Chop, slice, dice & trim	Weigh Cream Mix, stir & combine Bake Cut, chop, slice, dice & trim
Reception	sandwiches	Pizza wheels https://www.foodafactoflife.org.uk/recipes/5-11-years/pizza-wheels/	Fruit salad https://www.foodafactoflife.org.uk/3-5-years/activity-packs-3-5-years/food-based-sessions/fabulous-fruit-salad/
Skills	Spread Cut, chop, slice, dice & trim	Weigh Measure Sift Rub in Whisk Mix, stir & combine Roll out Cut, chop, slice, dice & trim Peel spread Grate bake	Cut, chop, slice, dice & trim Peel spread
Year 1	Blueberry & oat muffins https://www.foodafactoflife.org.uk/recipes/breakfast/blueberry-and-oat-muffins/	Mash potato- different tastes https://www.foodafactoflife.org.uk/recipes/food-life-skills/herby-mash/	Sensational seasonal salad https://www.foodafactoflife.org.uk/recipes/3-5-years/sensational-seasonal-salad/
Skills	Mix, stir & combine Portion/ divide Decorate & garnish bake	Peel Cut, chop, slice, dice & trim Melt, simmer and boil Drain Mix, stir & combine mash	Peel Cut, chop, slice, dice & trim Grate Mix, stir & combine Weigh measure
Year 2	Herbal teas & ginger biscuits https://www.kidspot.com.au/kitchen/recipes/ginger-biscuits/69ajuqx2	Small cakes – stuart recipe https://atasteofhistorywithjoycewhite.blogspot.com/2014/09/excellent-small-cakes-1669.html	Potato salad & coleslaw https://www.foodafactoflife.org.uk/recipes/5-11-years/potato-salad/ https://www.foodafactoflife.org.uk/recipes/food-life-skills/coleslaw/
skills	Weigh Measure Mix, stir and combine Portion/ divide bake	Weigh Measure Mix, stir and combine Portion/ divide bake	Weigh Measure Cut, chop, slice, dice & trim Mix, stir & combine

Year 3	Caribbean food eg fried dumpling & plantain	Couscous salad https://www.foodafactoflife.org.uk/recipes/5-11-years/couscous/	Marble pear tray bake https://www.foodafactoflife.org.uk/recipes/11-14-12c/marble-pear-tray-bake/
skills	Weigh Measure Mix, stir & combine Cut, chop, slice, dice & trim Portion/ divide Bake/ fry	Weigh Measure Cut, chop, slice, dice & trim Mix, stir and combine	Weigh Measure Core Cut, chop, slice, dice & trim Cream Beat Fold Mix, stir & combine Bake sift
Year 4	Caribbean stew & coco bread https://www.foodafactoflife.org.uk/recipes/asat-global-cuisines/caribbean-islands/quick-jamaican-coco-bread/	Pancakes with honey https://www.britishmuseum.org/blog/cook-classical-feast-nine-recipes-ancient-greece-and-rome	Fruit smoothies https://www.foodafactoflife.org.uk/recipes/food-life-skills/fruit-smoothie/
skills	Weigh Measure Melt, simmer & boil Mix, stir & combine Knead Portion/ divide Roll out Form & shape	Weigh Measure Mix, stir & combine Portion/ divide Fry & saute Sprinkle drizzle	Weigh Measure Cut, chop, slice, dice & trim Blitz, puree & blend
Year 5	Vegetable tagine with couscous https://www.foodafactoflife.org.uk/recipes/asat-global-cuisines/african/vegetable-tagine-with-couscous/	Anglo- Saxon honey cake https://www.english-heritage.org.uk/siteassets/home/members-area/kids/kids-area---anglo-saxons/eh_web_oat_cakes/	Salads with hummus https://www.foodafactoflife.org.uk/recipes/5-11-years/hummus/ baba ganoush https://www.bbcgoodfood.com/recipes/baba-ganoush tzatziki https://www.bbcgoodfood.com/recipes/tzatziki
skills	Weigh Measure Peel Cut, chop, slice, dice & trim Fry & saute Mix, stir & combine Melt, simmer & boil	Weigh Measure Peel Cut, chop, slice, dice & trim Portion/ divide bake	Weigh Measure Peel Cut, chop, slice, dice & trim Mix, stir & combine
Year 6	Pizza inc yeast dough https://www.foodafactoflife.org.uk/recipes/5-11-years/pizza-yeast-dough/	Noodles/ stir fry https://www.foodafactoflife.org.uk/recipes/food-life-skills/noodles/	Honey cake with elderflower curd https://www.foodafactoflife.org.uk/recipes/cereals/lemon-cake-with-elderflower-curd/
skills	Weigh Measure Mix, stir & combine Knead prove Portion/ divide Roll out spread	Weigh Measure Melt, simmer & boil Cut, chop, slice, dice & trim Fry & saute Stir-fry	Weigh Beat Zest Sift Mix, stir & combine bake