



St Helen's Catholic Primary School  
Cookery Curriculum Map 2017 – 2018

## Subject content - Key stage 1

### Cooking and nutrition

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. Pupils should be taught to:

- Use the basic principles of a healthy and varied diet to prepare dishes
- Understand where food comes from.

	Autumn	Spring	Summer 2
Year 1		<b>Skills Unit - Healthy Breakfasts</b> Folding, cracking eggs, weighing, sifting, washing and drying equipment, layering, washing through a colander, bridge technique and holding cutlery correctly.	<b>Fruit Salads</b> Experience fruits and where these come from. Undertake sensory activities i.e. appearance, taste, smell. Design a product based on a design criteria. Communicate these ideas through talk and drawing. Use simple utensils and equipment to e.g. peel, cut, slice, squeeze, grate and chop safely. Evaluate ideas and products against design criteria, including intended user and purpose.
	Autumn	Spring 1	Summer
Year 2		<b>Sandwiches</b> Teach the principles of a healthy and varied diet. Explore and evaluate types of sandwiches and wraps available. Design a sandwich or wrap based on a particular design criteria. Understand where the ingredients come from Discuss healthy eating advice. Evaluate ideas and products against design criteria, including intended user and purpose. Design and print a label for their sandwich packaging.	

Subject Leader: Sarah Stack

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Team Design: Sarah Stack, Jessica Odufuye and Tara Smith



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**Subject content - Key stage 2**

**Cooking and nutrition**

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

	Autumn	Spring	Summer 1
Year 3	<p><b>Skills Unit - Welcome to the Kitchen!</b> Safety in the kitchen, how to safely use the cooker. The 6 steps to safety in the kitchen.</p> <p>Chopping (bridge technique), sprinkling, measuring, shaping, dipping, melting, kneading, browning, simmering, removing fat, seasoning, drizzling, draining, crumbling, mashing, whipping, folding, spreading, blending and coring.</p>	<p><b>Spring 2 - Indian Meals - Cooking modern &amp; traditional</b> Research a typical Indian meal. Find out how a variety of ingredients used in Indian cuisine. How are these grown and harvested, reared, caught and processed? Evaluate the final product with reference back to the design brief and design specification, taking into account the views of others when identifying improvements. Use a range of questions to support children's ability to evaluate food ingredients and products e.g. What ingredients help to make the product smooth/crisp /crunchy etc.? What is the impact of added ingredients/finishes /shapes?</p>	<p><b>G&amp;T Skills Group</b></p>
Year 4		<p><b>Spring 1 - European Meals - Cooking traditional foods from countries in Europe</b> Have some basic knowledge and understanding about healthy eating and The eatwell plate. Investigate a range of food products e.g. the content of school meals.. Link to the principles of a varied and healthy diet. Design a meal for a particular user and purpose. Plan the main stages of a traditional recipe, listing ingredients, utensils and equipment. Use annotated sketches to communicate ideas. Evaluate against the design criteria.</p> <p><b>Skills Unit – Fish (Moving &amp; Growing)</b> To know and understand the importance of a varied diet. Be aware of the impact food has on our growth. Children to recognise some of the nutrients we get from fruits and vegetables.</p>	<p><b>G&amp;T Skills Group</b></p>
Year 5	<p><b>Skills Unit – The Victorians</b> Analysing the difference between the rich and the poor people at this time. Understand how foods changed from the beginning to the end of this period. Have knowledge of the changes in kitchens between then and now. Be aware of seasonal produce. Peeling, dicing, handling and rolling out, whisking, rubbing and chopping (bridge and claw techniques).</p>	<p><b>Spring 2 - Greeks</b> <b>Cooking modern &amp; traditional Greek foods/meals</b> Design the food based on a design criteria. Know how to prepare ingredients safely &amp; hygienically. -Know about a range of fresh and processed ingredients appropriate for their product, and whether they are grown, reared or caught. Carry out sensory evaluations of a variety of ingredients and products. Record the evaluations using e.g. tables and simple graphs.</p>	<p><b>G&amp;T Skills Group</b></p> <p><b>Skills Unit - Healthy Takeaways</b> Slicing, crushing, squeezing, peeling, dicing, separating, folding, marinating, whisking, piping and cubing. Understand what cross contamination is and how to stop it.</p>
Year 6	<p><b>Skills Unit - Cultural History link</b></p> <p><b>Autumn - Cooking meals using foods available during World War II</b> (Focus on foods available and rationing) Understand the source, seasonality and characteristics of their ingredients. Use information and communication technology as appropriate to develop and communicate ideas. Use CAD to develop packaging for foods available during the war. Carry out sensory evaluations of a range of relevant products and ingredients. Record the evaluations using e.g. tables/ graphs/charts such as star diagrams. Research key chefs and how they have promoted seasonality, local produce and healthy eating.</p>		<p><b>G&amp;T Skills Group</b></p> <p><b>Skills Unit – Aztecs</b> Understand who the Aztecs were, where they lived and what they ate. Focus on independence of timings and preparation. Skills taught; skinning, dicing, sauté, crumb, chop and roll.</p>

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