

## Year 1:

Medium Term Plan- Autumn Term 2

KPI: I can get ready for cooking with support.  
I can cut different food using a bridge method.

### Healthy Breakfast and Festive baking

Autumn 2: This term, children will move on to healthy simple healthy breakfast. This topic will include how to make breakfast smoothies and simple porridge. It will develop children's further understanding of healthy eating, healthy breakfast and begin to develop the understanding about food facts.

The covered topics will ensure that pupils cultivate the understanding of these three areas this term. Children will perform practical every fortnight, which contain all simple but healthy recipes.

Skills: Children will taught measuring and mixing, arranging ingredients skills by following simple healthy recipes. Children will also be supported to get ready for their cooking lesson.

Week 1: 4-11-19

- Introduce new recipe (Tasty Toast).
- Explain how this is a healthy breakfast.
- Alternative of margarine to soft cheese.
- Children will see the pictures of bread making process.
- Look at the fruits that will be used be for our fruit toast.
- SKILLS: Recall cutting skills to prepare their fruits for their toast, spreading, teach arranging fruits on a toast.

Activity: Children will arrange the meals in a right column (breakfast, lunch and dinner).

Week 2: 11-11-19

Practical week:

- Recall the steps they have to follow to get ready for their cooking class.
- Name some healthy breakfast. Show them different breakfast.
- Which fruit is more suitable for tasty toast? Dialogic talk.
- Children will be performing practical.
- Skills: Children will be using cutting skills to prepare their fruits for their toast, spreading and arranging fruits.

Support them to work together and encourage children to use their learning power "Donald the duck".

Week 3: 18-11-19

- Introduce a new recipe (Strawberry Smoothie).
- Explain that smoothie can be drank as a healthy breakfast. Show other healthy breakfast.
- Explain they will use cutting skills (bridge method).
- Demonstrate how to use a blender.

Activity: children to design their own smoothie glass.

Week 4: 25-11-19

Practical:

- Recall the steps they have to follow to get ready for their cooking class.
- Name some healthy breakfast. Show them different breakfast.
- What other fruits can be used for smoothie.
- Look at different dairy products, talk to children how these products get to the super markets.
- Recall how to get ready for cooking lesson.
- Recipe evaluation, What Went Well.

Week 5: 2-12-19

Introduction of new recipe: Awesome oats

- Discuss the previous week practical. Was healthy or unhealthy?
- Introduce the concept of eating yoghurt with fruit for a breakfast
- Show them different fruits that can be used, dialogic talk.
- Teach how to measure using spoon.
- Model the recipe.

Skills: Children will learn simple measuring skills, cutting fruits using a bridge method.

Activity: Children will have to design their own fruit oat glass.

Week 6: 9-12-19

Practical:

- Talk about the ingredients children will be using. Talk about where they come from.
- Consolidate their learning of food that come from animals and plants.
- Help them to get ready for their lesson.
- Do the recipe evaluation with them.

Week 7- 16-12-19

Practical: Simple Biscuits for Christmas

- Get them ready to bake.
- Model them how do measure baking ingredients.
- Introduce by modelling rubbing skills.
- Recall how to get ready for cooking lesson.

## **Year 2:**

Medium Term Plan- Autumn Term 2

KPI: I can mix more than 2 ingredients.

I can use cutters and can avoid wasting ingredients.

### Healthy Breakfast and Festive baking

Establishing a new concept of promoting healthy eating, healthy diet and begin to develop the understanding about food science.

The covered topics will ensure that pupils cultivate the understanding of these three areas this term. Children will perform practical every fortnight, which contain all simple but healthy recipes.

Skills: Measuring using spoons and cups, mixing and pouring and cut out shapes using cutters.

Week 1: 4-11-19

Recipe Introduction: Fruit Pancakes

- Introduce the recipe and discuss what ingredients do they think they will be using.
- What ingredients can be used to make these pancakes healthy?
- Explain how to use hob and they will not be using the hob. Demonstrate how to use a hob.
- Introduce the equipment and skills (mixing, measuring and sieving).

Activity: Get children to write down the recipe, support them to write down the simple instructions using their phonics knowledge (adult support).

Week 2: 11-11-19

Practical

- Talk about the ingredients, if they are healthy or unhealthy, dialogic talk.
- Discuss if it can eaten for a breakfast.
- Ask them to make a list of ingredients that can and can't be use for pancakes.
- Recall the cooking skills children will using and equipment they need.
- Recall the cooking class rules.
- Recipe evaluation (2 stars and a wish).

Week 3: 18-11-19

Recipe Introduction: Awesome Oats

- Discuss the previous recipe and then start the lesson.
- Show children ingredients and ask what are they cooking? Dialogic talk why they have made that decision of final answer.
- Reveal the recipe and ask if they remember any skills they used in year 1.
- Is it healthy or unhealthy? Explain the answer.
- Show them skills they will be using to make a recipe (measuring and using rubbing skills).
- Show them an instruction slides.  
Activity: arrange the picture of recipe (without a writing support) in a correct order.

Week 4: 25-11-19

Practical: Awesome Oats

- Recall what children are going to cook.
- Is it healthy/unhealthy why? Dialogic Talk.
- Discuss how much of biscuits children should eat (healthy amount of food).
- Show them equipment and skills slide.
- Instruction slide for support.

Week 5: 2-12-19

Recipe Introduction: Muffins

- Show children ingredients and ask them to guess what they are going to make next week.
- Discuss if the recipe is healthy or unhealthy? Explain the answer.
- How to reduce sugar content to make the muffin a healthy choice.
- Can we adapt recipe to make it more healthy?

Activity: Design a cupcake

Week 6: 9-12-19

Practical:

- Remind children about the steps they have to follow to bake this recipe.
- Skills they will using (mixing, measuring).

Week 7: 16-12-19

Children will make ginger bread man for Christmas.

- Show children ingredients and explain what they will be making.
- Discuss all the food of festive season.
- Discuss they will be using (mixing and rubbing skills).
- Children to work together to bake (social skills).

## **Year 3:**

Medium Term Plan- Autumn Term 2

KPI: I can use scales to measure ingredients.

I can divide mixture into tins equally.

### Healthy Breakfast and Festive baking

Establishing further the concept of healthy eating, healthy diet and begin to develop the understanding about nutritional value of food. The covered topics will ensure that pupils cultivate the understanding of these three areas this term. Children will perform practical every fortnight, which contain all simple but healthy recipes. Children will also develop the understanding of health benefits of the food they will cook, will have an opportunity to evaluate their recipes and look at the nutritional value of ingredients.

Week 1: 04-11-19

Practical Introduction: Very Berry Smoothie (Healthy Breakfast)

- Show children different food items and give them an opportunity to distinguish between breakfast, lunch and dinner.
- Discuss the benefits of smoothie as a breakfast (talk about the food groups in one glass).
- Discuss if it is a healthy option to drink smoothie every day for breakfast (Dialogic talk).
- Discuss the healthy amount of smoothie every day.
- Introduce the skills children will use to make a smoothie (measuring, chopping/cutting, using blender).
- Activity: 1) Children get to write down the recipe (low ability) 2) decorate their smoothie using their imagination and discuss if they can make that, if it is healthy/unhealthy.

Week 2: 11-11-19

Practical:

- Children will get chance to measure liquid and yoghurt using measuring spoon.
- Children will have a chance to use blenders, and use sieve for pouring the liquid.
- Encourage children to use their learning power.

Week 3: 18-11-19

Practical Introduction: Yoghurt pots with Fresh fruit

- Discuss the yoghurt is made. Dialogic talk.
- Which fruits are suitable for the recipe? Where do these fruits grow?
- Explain the skills they will be using (cutting fruits using a bridge method, arranging the ingredients and measuring using a measuring spoons).
- Children will get to write their recipe

Week 4: 25-11-19

Practical:

- Children will use their recipe cards to make their recipes (they prepared previous week).
- Children will be encouraged to work together and use their learning power.
- Skills: cutting fruits using a bridge method, arranging the ingredients in a cup and measuring using a measuring spoons

Week 5: 2-12-19

Recipe Introduction: Cheesy Oats Cakes

- Explain the baking rules, discuss all the skills they will enhancing further and new skills children will learn.
- Discuss if the recipe is healthy or unhealthy. Dialogic talk.
- If it is sweet or savoury. Can we change it to savoury only?
- Where do oats come from?
- Give children an activity of sorting the ingredients that will be used for the next week recipe.
- Write recipe instructions and discuss all the steps they will need to bake the recipe.

Week 6: 09-12-19

Practical: Cheesy Oats Cakes

- Children will be encouraged to work together and learn to give jobs to each other.
- Children will be given their recipe cards and recall all the steps verbally.
- Skills: Mixing, using cutters, greasing the trays.

Week 7: 16-12-19

Practical: Christmas cookies

- Children will get to bake simple cookies and will use Christmas tree cutters.
- Skills: Rubbing in method, mixing, using cutters.

## **Year 4:**

Medium Term Plan- Autumn Term 2

KPI: I can use scales to measure ingredients.

I can divide mixture into tins equally.

### Healthy Breakfast and Festive baking

Establishing further the concept of healthy eating, healthy diet and begin to develop the understanding about nutritional value of food. The covered topics will ensure that pupils cultivate the understanding of these three areas this term. Children will perform practical every fortnight, which contain all simple but healthy recipes. Children will also develop the understanding of health benefits of the food they will cook, will have an opportunity to evaluate their recipes and look at the nutritional value of ingredients.

Week 1: 04-11-19

Practical Introduction: Very Berry Smoothie (Healthy Breakfast)

- Show children different food items and give them an opportunity to distinguish between breakfast, lunch and dinner.
- Discuss the benefits of smoothie as a breakfast (talk about the food groups in one glass).
- Discuss if it is a healthy option to drink smoothie every day for breakfast (Dialogic talk).
- Discuss the healthy amount of smoothie every day.
- Introduce the skills children will use to make a smoothie (measuring, chopping/cutting, using blender).
- Activity: 1) Children get to write down the recipe (low ability) 2) decorate their smoothie using their imagination and discuss if they can make that, if it is healthy/unhealthy.

Week 2: 11-11-19

Practical:

- Children will get chance to measure liquid and yoghurt using measuring spoon.
- Children will have a chance to use blenders, and use sieve for pouring the liquid.
- Encourage children to use their learning power.

Week 3: 18-11-19

Practical Introduction: Yoghurt pots with Fresh fruit

- Discuss the yoghurt is made. Dialogic talk.
- Which fruits are suitable for the recipe? Where do these fruits grow?
- Explain the skills they will be using (cutting fruits using a bridge method, arranging the ingredients and measuring using a measuring spoons).
- Children will get to write their recipe

Week 4: 25-11-19

Practical:

- Children will use their recipe cards to make their recipes (they prepared previous week).
- Children will be encouraged to work together and use their learning power.
- Skills: cutting fruits using a bridge method, arranging the ingredients in a cup and measuring using a measuring spoons

Week 5: 2-12-19

Recipe Introduction: Cheesy Oats Cakes

- Explain the baking rules, discuss all the skills they will enhancing further and new skills children will learn.
- Discuss if the recipe is healthy or unhealthy. Dialogic talk.
- If it is sweet or savoury. Can we change it to savoury or sweet?
- Where do oats come from?
- Give children an activity of sorting the ingredients that will be used for the next week recipe.
- Write recipe instructions and discuss all the steps they will need to bake the cakes.

Week 6: 09-12-19

Practical: Cheesy Oats Cakes

- Children will be encouraged to work together and learn to give jobs to each other.
- Children will be given their recipe cards and recall all the steps verbally.
- Skills: Mixing, using cutters, greasing the trays.



Week 7: 16-12-19

Practical: Christmas cookies

- Children will get to bake simple cookies and will use Christmas tree cutters.
- Skills: Rubbing in method, mixing, using cutters.

## **Year 5**

Medium Term Plan- Autumn Term 2

KPI: I can crack and whisk eggs.

I can divide mixture into tins equally.  
I can measure my ingredients using scales.

### Healthy Breakfast and Festive Baking

This term, children will move on to healthy simple healthy breakfast. This topic will include how to make breakfast smoothies and simple porridge. It will develop children's further understanding of healthy eating, healthy breakfast and begin to develop the understanding about food facts. The covered topics will ensure that pupils cultivate the understanding of these three areas this term. Children will perform practical every fortnight, which contain all simple but healthy recipes.  
Skills: Children will taught measuring and mixing, arranging ingredients skills by following simple healthy recipes. Children will also be supported to get ready for their cooking lesson.

**Week 1:** 04-11-19

Recipe Introduction: frittatas

Skills: Whisking, Cracking egg, using hob,

- What is Frittatas? Which country is it from?
- What ingredients do we use to make that recipe? Is it from plant or animals?
- When do we eat frittatas? Can we eat it only for breakfast? Dialogic talk.
- Explain about the recipe and skills they will be using.
- Children will get to write down the recipe instructions so they can work independently (FOCUS IS ON TO MAKE CHILDREN INDEPENDENT).
- Encourage them to be creative and add all the steps that will help them to work independently.
- Use their learning power of creativity.

**Week 2:** 11-11-19

Practical:

- Children will be given their recipes (they have made last week).
- Remind them the skills they will be using (Whisking, cracking egg, using hob).
- Work together and use the recipe cards.

**Week 3:** 18-11-19

Recipe Introduction: Fruit and Yogurt Oats Pots

- Discuss how the yoghurt is made. Dialogic talk.
- Which fruits are suitable for the recipe? Why, explanation of the answers.
- Explain the skills they will be using (cutting fruits using a bridge method, arranging the ingredients and measuring using a measuring spoons).
- Which countries grow oats, show children the nutrients oats contain and why they are healthy.
- Children will be show the recipe and skills they will use.
- Children have to make their own recipe cards. They have to think which steps they should follow that will help them to work together and independently.

Week 4: 25-11-19

Practical: Fruit and Yoghurt Oat Pots

- Children will perform practical, encourage them to use plans and work together.
- Skills: Cutting fruits using a bridge method, arranging the ingredients and measuring using a measuring spoons

Week 5: 02-12-19

Practical Introduction: Honey and Oats Muffins

Skills: Mixing, Measuring, dividing mixture equally

- Guess what game (Children will be asked questions to predict what recipe they will make).
- Can you eat that for breakfast? Dialogic talk.
- Explain the skills children will be using to bake muffins. Emphasise on time restrictions (work together, give jobs to each other).
- Children will get to make their own recipe sheets, provide them colour pencils so they can colour code their jobs.
- Encourage to use their learning powers.
- Previous recipe evaluation (children will be given sheets to evaluate the recipe).

Week 6: 09-12-19

Practical

- Children will make their Muffins.
- Skills: Mixing, Measuring, dividing mixture equally.
- Recall all the cooking rules.

Week 7: :16-12-19

Festive Baking: Christmas Chocolate Biscuits.

- Previous Recipe evaluation.
- Introduce a new recipe.
- Skills: Mixing, using cutters, rubbing in method.
- Children will given recipes to follow independently.

## Year 6

Medium Term Plan- Autumn Term 2

KPI: I can crack and whisk eggs.

I can divide mixture into tins equally.

I can measure my ingredients using scales.

### Healthy Breakfast and Festive Baking

This term, children will move on to healthy simple healthy breakfast. This topic will include how to make breakfast smoothies and simple porridge. It will develop children's further understanding of healthy eating, healthy breakfast and begin to develop the understanding about food facts.

The covered topics will ensure that pupils cultivate the understanding of these three areas this term. Children will perform practical every fortnight, which contain all simple but healthy recipes.

Skills: Children will taught measuring and mixing, arranging ingredients skills by following simple healthy recipes.

Children will also be supported to get ready for their cooking lesson.

**Week 1:** 04-11-19

Recipe Introduction: Frittatas

Skills: Whisking, Cracking egg, using hob,

- What is Frittatas? Which country is it from?
- What ingredients do we use to make that recipe? Is it from plant or animals?
- When do we eat frittatas? Can we eat it only for breakfast? Dialogic talk.
- Explain about the recipe and skills they will be using.
- Children will get to write down the recipe instructions so they can work independently (FOCUS IS ON TO MAKE CHILDREN INDEPENDENT).
- Encourage them to be creative and add all the steps that will help them to work independently.

- Use their learning power of creativity.

Week 2: 11-11-19

Practical:

- Children will be given their recipes (they have made last week).
- Remind them the skills they will be using (Whisking, cracking egg, using hob).
- Work together and use the recipe cards.

Week 3: 18-11-19

Recipe Introduction: Fruit and Yogurt Oats Pots

- Discuss how the yoghurt is made. Dialogic talk.
- Which fruits are suitable for the recipe? Why, explanation of the answers.
- Explain the skills they will be using (cutting fruits using a bridge method, arranging the ingredients and measuring using a measuring spoons).
- Which countries grow oats, show children the nutrients oats contain and why they are healthy.
- Children will be show the recipe and skills they will use.
- Children have to make their own recipe cards. They have to think which steps they should follow that will help them to work together and independently.

Week 4: 25-11-19

Practical: Fruit and Yoghurt Oat Pots

- Children will perform practical, encourage them to use plans and work together.
- Skills: Cutting fruits using a bridge method, arranging the ingredients and measuring using a measuring spoons

Week 5: 02-12-19

Practical Introduction: Honey and Oats Muffins

Skills: Mixing, Measuring, dividing mixture equally

- Guess what game (Children will be asked questions to predict what recipe they will make).
- Can you eat that for breakfast? Dialogic talk.
- Explain the skills children will be using to bake muffins. Emphasise on time restrictions (work together, give jobs to each other).
- Children will get to make their own recipe sheets, provide them colour pencils so they can colour code their jobs.
- Encourage to use their learning powers.
- Previous recipe evaluation (children will be given sheets to evaluate the recipe).

Week 6: 09-12-19

Practical

- Children will make their Muffins.
- Skills: Mixing, Measuring, dividing mixture equally.
- Recall all the cooking rules.

Week 7: :16-12-19

Festive Baking: Christmas Chocolate Biscuits.

- Previous Recipe evaluation.
- Introduce a new recipe.
- Skills: Mixing, using cutters, rubbing in method.
- Children will given recipes to follow independently.