

# White Laith Primary School Cooking in the Curriculum

## Foundation

<u>Term</u>	<u>Recipe &amp; Skills</u>
Autumn 1	Recipe - Bear Cookie Skills - Baking Skills: 1 Weighing and Measuring: 1  Recipe - Pizza Skills - Knife Skills: 1 Baking Skills: 19 Other Skills: 1, 3  Recipe - Healthy Sandwiches Skills - Knife Skills: 1 Other Skills: 3
Autumn 2	Recipe - Naan Bread Skills - Baking Skills: 14, 15 Other Skills: 1  Recipe - Pumpkin Soup Skills - Other Skills: 6
Spring 1	Recipe - Dragon Sandwiches Skills - Knife Skills: 1 Other Skills: 3  Recipe - Vegetable Chilli Skills - Knife Skills: 1

Spring 2	Recipe - Fruit Juice Skills - Other Skills: 9
Summer 1	Recipe - Vegetable Filo Tart Skills - Baking Skills: 16  Recipe - Lettuce Wraps Skills - Knife Skills: 1 Other Skills: 10
Summer 2	Recipe - Fruity Muffins Skills - Weighing and Measuring Skills: 3 Other Skills: 10, 16

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## Year 1

<u>Term</u>	<u>Recipe &amp; Skills</u>
Autumn 1	Recipe - Cheese Dip Skills - Where food comes from: 1 Food preparation, cooking and nutrition: 3 Knife Skills: 7
Autumn 2	Recipe - Healthy Wraps Skills - Where food comes from: 1 Food preparation, cooking and nutrition: 2, 3, 4 Knife Skills: 3  Recipe - Biscuits Skills - Where food comes from: 1 Food preparation, cooking and nutrition: 3 Baking Skills: 8, 11
Spring 1	Recipe - Terrific Tuna Tarts Skills - Where food comes from: 1, 2 Food preparation, cooking and nutrition: 3, 4 Knife Skills: 7 Baking Skills: 12
Spring 2	Recipe - Plum-Berry Layered Dessert Skills - Where food comes from: 1, 2 Food preparation, cooking and nutrition: 2, 3, 4 Knife Skills: 3

Summer 1	Recipe - Banana Crumble Top Muffins Skills - Where food comes from: 1 Food preparation, cooking and nutrition: 3, 4 Baking Skills: 8, 11, 12 Other Skills: 7
Summer 2	Recipe - Stripy Salad Pots Skills - Where food comes from: 1, 2 Food Preparation, cooking and nutrition: 1, 2, 3, 4 Knife Skills: 3, 7

# White Laith Primary School Cooking in the Curriculum

## Year 2

<u>Term</u>	<u>Recipe &amp; Skills</u>
Autumn 1	Recipe - Triple Decker Sandwich Skills - Where food comes from: 1, 2 Food preparation, cooking and nutrition: 2, 3, 4 Knife Skills: 12 Other Skills: 5
Autumn 2	Recipe - Scrummy Scones Skills - Where food comes from: 1, 2 Food preparation, cooking and nutrition: 3 Baking Skills: 2, 3, 5, 6 Weighing and Measuring Skills: 2
Spring 1	Recipe - Sweet Mini-Pancakes Skills - Where food comes from: 1, 2 Food preparation, cooking and nutrition: 3 Baking Skills 3, 5
Spring 2	Recipe - Brilliant Bread and Garlic Bread Skills - Where food comes from: 1, 2 Food preparation, cooking and nutrition: 3 Baking Skills: 13 Other Skills: 5, 8
Summer 1	Recipe - Tomato and Cheese Pastries Skills - Where food comes from: 1, 2 Food preparation, cooking and nutrition: 3, 4 Knife Skills: 12 Baking Skills: 1, 17

	Other Skills: 8
Summer 2	Recipe - Fruit Kebabs Skills - Where food comes from: 1, 2 Food Preparation, cooking and nutrition: 1, 4 Knife Skills: 2, 8

# White Laith Primary School Cooking in the Curriculum

## Year 3

<u>Term</u>	<u>Recipe &amp; Skills</u>
Autumn 1	Recipe - Tropical Fruit Salad Skills - Where food comes from: 2 Food preparation, cooking and nutrition: 2 Knife Skills: 4, 10 Other Skills: 18
Autumn 2	Recipe - Tropical Granola Bars Skills - Food preparation, cooking and nutrition: 2, 3 Baking Skills: 7 Weighing and Measuring Skills: 4
Spring 1	Recipe - Ham and Onion Rosti Skills - Where food comes from: 1, 2 Food preparation, cooking and nutrition: 1, 2, 3 Knife Skills: 4, 10 Baking Skills: 7 Weighing and Measuring Skills: 4
Spring 2	Recipe - Spinach, Potato and Chickpea Curry and Naan Bread Skills - Where food comes from: 1, 2 Food preparation, cooking and nutrition: 1, 2, 3, 4 Baking Skills: 7 Weighing and Measuring Skills: 4 Other Skills: 18
Summer 1	Recipe - Egg Salad Skills - Where food comes from: 2 Food preparation, cooking and nutrition: 2

	Knife Skills: 4, 10 Other Skills: 15
Summer 2	Recipe - Simple Spring Rolls Skills - Where food comes from: 1 Food Preparation, cooking and nutrition: 1, 2, 3, 4 Knife Skills: 4, 10 Weighing and Measuring Skills: 4 Other Skills: 12



# White Laith Primary School Cooking in the Curriculum

## Year 4

<u>Term</u>	<u>Recipe &amp; Skills</u>
Autumn 1	Recipe - Marble Pear Tray Bake Skills - Where food comes from: 1, 2 Food preparation, cooking and nutrition: 2, 4 Baking Skills: 9, 10
Autumn 2	Recipe - Quiche Skills - Where food comes from: 1, 2 Food preparation, cooking and nutrition: 1, 2, 3, 4 Knife Skills: 13 Baking Skills: 18
Spring 1	Recipe - Hummus Skills - Where food comes from: 2 Food preparation, cooking and nutrition: 1, 2, 4
Spring 2	Recipe - Savoury Rice Skills - Where food comes from: 1, 2 Food preparation, cooking and nutrition: 1, 2, 3, 4 Other Skills: 17
Summer 1	Recipe - Pizza Wheels Skills - Where food comes from: 1, 2 Food preparation, cooking and nutrition: 1, 2, 3, 4 Knife Skills: 13 Baking Skills: 18 Other Skills: 17
Summer 2	Recipe - Mini Carrot Cakes Skills - Where food comes from: 1, 2

Food Preparation, cooking and nutrition: 1, 2, 3, 4  
Knife Skills: 13

Recipe - Homemade Custard

Skills - Where food comes from: 2

Food preparation, cooking and nutrition: 1, 3, 4

Baking Skills: 4

# White Laith Primary School Cooking in the Curriculum

## Year 5

<u>Term</u>	<u>Recipe &amp; Skills</u>
Autumn 1	Recipe - Frozen Fruit, Smoothie and Yoghurt Cups Skills - Where food comes from: 1, 3 Food preparation, cooking and nutrition: 1, 2, 3, 4 Knife Skills: 5, 9
Autumn 2	Recipe - Christmas Party Guacamole Skills - Where food comes from: 2 Food preparation, cooking and nutrition: 1, 2, 3 Knife Skills: 5
Spring 1	Recipe - Anglo-Saxon Baked Apples Skills - Where food comes from: 1, 2 Food preparation, cooking and nutrition: 1, 2 Knife Skills: 9
Spring 2	Recipe - Skills - Where food comes from: Food preparation, cooking and nutrition: Baking Skills: Weighing and Measuring Skills: Other Skills:
Summer 1	Recipe - Ramesses Spiral Breads and Pizza Spirals Skills - Where food comes from: 1, 2, 4 Food preparation, cooking and nutrition: 1, 2 Knife Skills: 14
Summer 2	Recipe - Victory Garden Potato and Spring Onion Scones Skills - Where food comes from: 1, 2, 3

Food Preparation, cooking and nutrition: 1, 2, 3, 4

Knife Skills: 5

Other Skills: 13

Recipe - Astronauts Lunch - Pleasing Pasta

Skills - Where food comes from: 1, 4

Food preparation, cooking and nutrition: 1, 2, 4

Knife Skills: 5

# White Laith Primary School Cooking in the Curriculum

## Year 6

<u>Term</u>	<u>Recipe &amp; Skills</u>
Autumn 1	Recipe - Raspberry Victoria Sponge Skills - Where food comes from: 1, 2, 3 Food preparation, cooking and nutrition: 1, 2, 3
Autumn 2	Recipe - Great Green Soup Skills - Where food comes from: 1, 3 Food preparation, cooking and nutrition: 2 Knife Skills: 11
Spring 1	Recipe - Mead Skills - Where food comes from: 2, 3 Food preparation, cooking and nutrition: 1, 2, 4
Spring 2	Recipe - Couscous Skills - Where food comes from: 1, 3, 4 Food preparation, cooking and nutrition: 1, 2, 3, 4 Knife Skills: 6
Summer 1	
Summer 2	Recipe - Mini Meatballs in Tomato Sauce Skills - Where food comes from: 1, 3, 4 Food Preparation, cooking and nutrition: 1, 2, 3, 4 Knife Skills: 6, 11

