



Subject Map: Cooking & Nutrition Y1-Y6 coverage

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Feta cheese and ham wraps <i>Claw knife technique, tearing, crumbling cheese, arranging ingredients, know where vegetables grow</i> (3 hours)		Spinach and cheese savoury muffins <i>Snip herbs, divide mixture into tins, use the 'all in one' method, name ingredients used</i> (3 hours)		Blueberry muffins <i>Scrape out a bowl with a spatula, divide mixture into tins, to know where flour comes from</i> (3 hours)	
Year 2	Cheese scones <i>Grate soft foods, rub fat into flour, use a jug to measure liquids, know where ingredients come from</i> (3 hours)		Fruit salad <i>Bridge knife technique, hedgehog a mango cheek, to know where ingredients come from</i> (3 hours)			Fruit smoothie <i>Bridge knife technique, hedgehog a mango cheek, to name ingredients used</i> (3 hours)
Year 3	Egg mayonnaise sandwiches <i>To boil and egg, to shell a hard boiled egg, to know where food comes from</i> (3 hours)		Cucumber raita <i>Peel soft vegetables, follow a recipe to create a dish</i> (3 hours)		Mini pancakes <i>To add liquid to flour, to use digital or spring balance scales, to understand basic food hygiene</i> (3 hours)	
Year 4		Mini lemon meringue pies <i>To separate and egg, to handle and cut shortcrust pastry, bake pastry, use a range of cooking techniques</i> (3 hours)	Carrot and cous cous salad <i>Grate harder foods, season to taste, know where and how ingredients are grown</i> (3 hours)		Savoury flapjack <i>Grate harder foods, understand why you need to make healthy choices around snacks</i> (3 hours)	
Year 5		'Fasta' pasta <i>Use bridge and claw knife techniques, to grate finely, use a hob with adult support, understand basic food hygiene</i> (3 hours)		Guacamole <i>Use bridge and claw knife techniques, know where ingredients come from, try new foods to encourage a varied diet</i> (3 hours)		Vegetable soup <i>Use the hob with adult support, use bridge and claw knife techniques, use a range of cooking techniques</i> (3 hours)



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Year 6		Cream cheese and pineapple potato skins <i>Chop herbs finely, explain how food ingredients should be stored and why</i> (3 hours)		Roast potato wedges <i>Peel a carrot, chop herbs finely, use a range of cooking techniques</i> (3 hours)		Celebration dish (to be created) <i>Know how to budget for a meal/dish, understand the difference between a savoury and sweet dish</i> (3 hours)
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