

Nursery

Every Term

- Breakfast: toast, jam and butter

Autumn Term

- Christmas cookies
- Chocolate Rice Krispie cakes

Spring Term

- Chinese noodles
- Apple crumble (Gruffalo Crumble)
- Honey sandwiches
- Biscuit decorating
- Gingerbread biscuits
- Easter nests

Summer Term

- Fruit kebabs
- Fruit salad
- Cupcakes
- Cheese biscuits

Reception

Autumn Term

- Alien Cookies (Night Time Stories).

Spring Term

- Making sandwiches (Food Glorious Food).

Summer term

- Couscous salad (Our Magical Garden).

Year 1

Learning Objectives

- I can talk about what I eat and discuss what healthy foods are.
- I can say where some food comes from and give examples of food that is grown.
- I can use simple tools.

Autumn Term

- Spiced apple juice (Seasonal change).

Spring Term

- Vegetable soup (Our secret garden).

Summer Term

- Spaghetti with tomato sauce.

Year 2

Learning Objectives

- I can understand the need for a variety of food in a diet.
- I can understand that all food has to be farmed, grown or caught.
- I can use a wider range of cookery techniques to prepare food safely.

Autumn Term

- Sour dough bread from Pudding Lane (Great Fire of London).

Spring Term

- Ocean themed cakes (Living By the Sea).

Summer Term

- Egyptian couscous (Ancient Egypt)

Year 3

Learning Objectives

- I can talk about the different food groups and name food from each group.
- I can understand that food has to be grown, farmed or caught in Europe and wider world.
- I can use a wider variety of ingredients and techniques to prepare and combine ingredients safely.

Autumn Term

- Chunky vegetable soup and jelly (Victorians)

Spring Term

- Savoury biscuits (Field to Fork).

Summer Term

- Rock fruit cakes (Stone Age).

Year 4

Learning Objectives

- I can understand what makes a healthy and balanced diet and that different foods and drinks provide different substances
- The body needs to be healthy and active.
- I can understand seasonality and the advantages of eating seasonal and locally produced food.
- I can read and follow recipes which involve several processes, skills and techniques.

Autumn Term

- Thermopolium kebabs (Romans).

Spring Term

- Omelette (Europe).

Summer Term

- Vegetable pasties (Steam – coal miners).

Year 5

Learning Objectives

- I can understand main food groups and the different nutrients that are important for health.
- I can understand how a variety of ingredients are grown, reared, caught and processed to make them safe and tasty to eat.
- I can select appropriate ingredients and use a wide range of techniques to combine them.

Autumn Term

- Greek feta salad (Greeks)

Spring Term

- Vegetable Shepard's pie (Shackleton)

Summer Term

- Vegetable Stew with bread or dumplings (Invaders and Settlers).
- Honey cake (Invaders and Settlers).

Year 6

Learning Objectives

- I can confidently plan a series of healthy meals based on the principles of a healthy varied diet.
- I can use information on food labels to inform choice.
- I can research, plan and prepare and cook a savoury dish, applying my knowledge of ingredients and my technical skills.

Autumn Term

- Golden Nugget cupcakes or food rations recipe (Battle of Britain).

Spring Term

- Maque choux - from Louisiana (Disaster).

Summer Term

- Spiced Chickpea Curry. Cinnamon biscuits (The Silk Road).