



St Mary's Church of England Primary School

Fowler Road, Islington, London N1 2EP

Tel: 020 7359 1870 Email: school@stmarys.islington.sch.uk

www.stmarys.islington.sch.uk

Headteacher: Miss Genevieve Prayag

Cooking Curriculum Map



The St Mary's Way

Together we aspire and believe

Together we achieve

3 cooking session per year

	Healthy Eating	Consumer Awareness	Food Safety and Hygiene	Recipes and Ingredients	Weighing and Measuring	Cutting and Knife skills	Mixing	Shaping and Assembling	Heating	Serving and Garnishing
EYFS (Reception)	-Recognise we all need to eat to grow and be healthy -aware we need to eat more of some foods and less of others - able to eat sociably with others -recognise the importance of drinking water	-Know which animals or plants some foods come from - know food can be grown or bought from shops -know some special foods are eaten on special occasions. -	Understand food that has been dropped on the floor, touched with dirty hand or has turned mouldy should not be eaten and can make people ill -understand some foods need to be washed before eaten • Tie back long hair • Put on a clean apron • Wash and dry hands - clearing and cleaning tables	Recognise familiar ingredients -describe the taste of some familiar ingredients, -identify foods that they like and dislike - understand purpose of a recipe	Count the quantity of food needed using whole numbers (e.g. 6 grapes, 2 carrots)	Use the bridge hold to cut soft foods using a serrated vegetable knife -crush or mash cold food in a bowl -peel fruit using hands -tear food to divide - begin to drain away liquids from packaged food (sieve or colander)	-Sift flour into a bowl - mix, stir and combine a small amount of cold ingredients in bowl	-Use hands to shape dough in to simple shapes -use biscuit cutters to cut shapes - put together cold ingredients	Children should understand how hot food is cooked safely by observing adults using the hob, oven, toaster and / or microwave -be able to prepare food for baking with help, such as greasing a baking tray, putting cake cases into a bun tray	Spoon cold food on to a plate - sprinkle, garnish on cold food



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<p>KS1 (Years 1 and 2)</p>	<p>Understand we need a balanced diet to be healthy and active and need to eat more or less of different foods - Begin to use the eatwell plate. - Understand Importance of regular meals and healthy snacks</p>	<p>-Know that all food comes from plants or animals and can identify some foods from each group - Aware that some food packaging has labels giving information -Know the influences on the food we eat - Understand the importance of not wasting food and know how to recycle</p>	<p>Follow basic food safety rules when preparing and cooking food - clearing and cleaning tables, collecting and disposing of rubbish, sweeping the floor</p>	<p>Recognise a range of familiar ingredients - Describe taste of a range of ingredients - Identify likes and dislikes about the food they have cooked and how to improve taste -Follow simple recipe instructions</p>	<p>Use measuring spoons for liquids, solids and dry ingredients</p>	<p>Use bridge hold to cut harder foods using a serrated vegetable knife -use claw grip to cut soft foods using a serrated vegetable knife -mash cooked food -peel soft veg using a peeler -cut food into evenly sized largish pieces -peel harder food - use a melon baller -grate soft food, using a grater -drain away liquids from packaged food (sieve or colander) -use a lemon squeezer.</p>	<p>Sift flour into bowl -Mix, stir and combine liquid and dry ingredients -With help, use hands to rub fat into flour -With help crack an egg and beat together using a fork</p>	<p>Use a small table knife for spreading soft spreads onto bread - Use hands to shape dough in to small balls or shapes - assemble and arrange cold ingredients (eg sandwich, fruit kebabs, bruschetta)</p>	<p>Be able to prepare food for baking and frying such as greasing baking tins and adding oil to frying pans / saucepans</p>	<p>Use a tablespoon to serve cold food into bowls or plates -pour or drizzle dressing on to salads -lightly sprinkle garnish on cold food</p>
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<p>Lower KS2 (Years 3 and 4)</p>	<p>Make food choices using the eatwell plate -understand the main food groups and different nutrients that are important for health -know appropriate portion sizes and the importance of not skipping meals, including breakfast</p>	<p>Understand the basic processes to get food from farm to plate - Understand some of the ethical dilemmas associated with the food people choose to buy -Use information on food labels to inform choice - Understand social influences on the food we choose to eat</p>	<p>Are able to independently get ready to cook: • Tie back long hair • Wear a clean apron • Remove nail varnish and jewellery • Wash and dry hands - demonstrate food safety practices when getting ready to store, prepare and cook food - follow food safety rules and understand their purpose - independently follow procedures for clearing up</p>	<p>Identify changes to improve the food they have made - Use a range of food descriptors relating to flavour, texture appearance - compare different versions of the same dish and identify how they would change the recipe next time - confidently read and follow a recipe</p>	<p>Accurately use a jug to measure liquids - Accurately use weighing scales</p>	<p>Use the claw grip to cut harder foods using a serrated vegetable knife -use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife -peel harder food using a peeler -dice foods and cut them into evenly sized, fine pieces - finely grate hard foods - use a can opener and open ring-pull tins</p>	<p>Sieve wet and dry ingredients with precision - confidently crack an egg -separate eggs -use finger tips to rub fat into flour to make fine 'bread crumbs' - whisk using an electric hand mixer - cream fat and sugar together using an electric hand mixer - use a food processor or electric hand blender to mash, blend or puree hard ingredients or hot food</p>	<p>-Knead and shape dough in to a variety of shapes -use hands to shape mixtures in to evenly sized pieces - use a rolling pin to roll out dough to a specific thickness - use biscuit cutters accurately - assemble, arrange, layer more advanced dishes - spread food evenly with a coating, paste or glaze</p>	<p>Use the hob or electric saucepan to cook simple dishes -handle hot food safely, using oven gloves to carefully remove cooked food with a fish slice from a baking tray onto a cooling rack</p>	<p>ingredients to garnish hot and cold dishes -use a spoon, ladle or jug to serve hot liquids -cut food in to equal Choose sized portions for the number being served - understand portion sizes when serving food -plan and serve own breakfast and a simple balanced cooked meal</p>
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<p>Upper KS2 (Years 5 and 6)</p>	<p>-Make food choices using the eat well plate - understand the main food groups and different nutrients that are important for health -know appropriate portion sizes and the importance of not skipping meals, including breakfast.</p>	<p>Understand the basic processes to get food from farm to plate - Understand some of the ethical dilemmas associated with the food people choose to buy -Use information on food labels to inform choice - Understand social influences on the food we choose to eat.</p>	<p>Are able to independently get ready to cook: • Tie back long hair • Wear a clean apron • Remove nail varnish and jewellery • Wash and dry hands -demonstrate food safety practices when getting ready to store, prepare and cook food -follow food safety rules and understand their purpose - independently follow procedures for clearing up.</p>	<p>Identify changes to improve the food they have made -Use a range of food descriptors relating to flavour, texture appearance - compare different versions of the same dish and identify how they would change the recipe next time - confidently read and follow a recipe.</p>	<p>Accurately use a jug to measure liquids Accurately use weighing scales</p>	<p>Use the claw grip to cut harder foods using a serrated vegetable knife -use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife -peel harder food using a peeler -dice foods and cut them into evenly sized, fine pieces - finely grate hard foods -use a can opener and open ring-pull tins</p>	<p>-Sieve wet and dry ingredients with precision - confidently crack an egg -separate eggs -use finger tips to rub fat into flour to make fine 'bread crumbs' - whisk using an electric hand mixer - cream fat and sugar together using an electric hand mixer - use a food processor or electric hand blender to mash, blend or puree hard ingredients or hot food</p>	<p>Knead and shape dough in to a variety of shapes -use hands to shape mixtures in to evenly sized pieces -use a rolling pin to roll out dough to a specific thickness - use biscuit cutters accurately - assemble, arrange, layer more advanced dishes - spread food evenly with a coating, paste or laze</p>	<p>-Use the hob or electric saucepan to cook simple dishes -handle hot food safely, using oven gloves to carefully remove cooked food with a fish slice from a baking tray onto a cooling rack.</p>	<p>-Choose ingredients to garnish hot and cold dishes -use a spoon, ladle or jug to serve hot liquids -cut food in to equal sized portions for the number being served - understand portion sizes when serving food -plan & serve own breakfast and a simple balanced cooked meal.</p>
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