Educating for Life



Classes	Autumn 1	utumn 1 Autumn 2		Spring 2	Summer 1	Summer 2		
PURPLE	Healthy Eating: Diet The Eat Well Guide Energy Nutrients Digestion	Cooking:>>Planning to Cook>Ingredients>Cooking for Health>Hygiene & Safety>Cooking	Where Food ComesFrom:>>World Food>Food Origins>Farming &Processing	Food Differences: → Farmed → Caught → Reared	Food Commodities: → Cereals → Meat	DairyPotatoes		
RED	 Activity Health & Safety in the Kitchen Kitchen Hygiene Making sandwiches/ wraps/ rolls: Spreading, different fillings – sweet/ savoury, pupil preferences 	 Using a toaster: Safety features Recognising when toast is burnt Making toast with different toppings Toasting teacakes. Using the grill to toast Christmas biscuits 	 Using the hob: Safety features Using kitchen implements to make different versions of eggs – poached, fried, scrambled, boiled 	 Using a can opener & electric whisk Cooking tinned foods – opening the cans, draining etc Becoming familiar with the names of kitchen utensils 	 Food likes and dislikes Comparing sweet and savoury Getting students to identify preferences 	 Food likes and dislikes Comparing sweet and savoury Getting students to identify preferences 		

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PINK	À	Health & Safety in the Kitchen	>	Using a toaster: Safety features		Using the hob: Safety	>	Using a can opener &	4	Food likes and dislikes	4	Food likes and dislikes
	\succ	Kitchen	\succ	Recognising		features		electric whisk	\triangleright	Comparing	≻	Comparing
		Hygiene		when toast is	\triangleright	Using	\checkmark	Cooking tinned		sweet and		sweet and
	\succ	Making		burnt		kitchen		foods –		savoury		savoury
		sandwiches/	\succ	Making toast		implements		opening the	\triangleright	Getting	≻	Getting
	\triangleright	wraps/		with different		to make		cans, draining		students to		students to
	\triangleright	rolls:		toppings		different		etc		identify		identify
	\succ	Spreading,	\succ	Toasting		versions of	\succ	Becoming		preferences		preferences
		different fillings		teacakes.		eggs –		familiar with				
		– sweet/	\triangleright	Using the grill to		poached,		the names of				
		savoury, pupil		toast		fried,		kitchen				
		preferences	\triangleright	Christmas		scrambled,		utensils				
				biscuits		boiled						
AQUA	>	Health & Safety	\checkmark	Using a toaster:	>	Using the	>	Using a can	>	Food likes and	>	Food likes and
		in the Kitchen		Safety features		hob: Safety		opener &		dislikes		dislikes
	\triangleright	Kitchen	\triangleright	Recognising		features		electric whisk	\triangleright	Comparing	\succ	Comparing
		Hygiene		when toast is	\triangleright	Using	\succ	Cooking tinned		sweet and		sweet and
	\succ	Making		burnt		kitchen		foods –		savoury		savoury
		sandwiches/	\triangleright	Making toast		implements		opening the	\succ	Getting	\succ	Getting
	\succ	wraps/		with different		to make		cans, draining		students to		students to
		rolls:		toppings		different		etc		identify		identify
		Spreading,	\triangleright	Toasting		versions of	\succ	Becoming		preferences		preferences
		different fillings		teacakes.		eggs –		familiar with				
		– sweet/		Using the grill to		poached,		the names of				
		savoury, pupil		toast		fried,		kitchen				
		preferences	\triangleright	Christmas biscuit		scrambled		utensils				

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GOLD	 Health & Safety in the Kitchen Kitchen Hygiene Making sandwiches/ wraps/ rolls: Spreading, different fillings sweet/ savoury, pupil preferences 	 Using a toaster: Safety features Recognising when toast is burnt Making toast with different toppings Toasting teacakes. Using the grill to toast Christmas 	 Using the hob: Safety features Using the hob: Safety features Using kitchen implements to make cans, draining different etc versions of eggs – familiar with poached, fried, scrambled, utensils Using between the scrambled, the names of kitchen implements to make cans, draining the scrambled, utensils 	 Food likes and dislikes Comparing sweet and savoury Getting students to identify preferences Food likes and dislikes Comparing sweet and savoury Getting students to identify preferences
GREEN	 Health & Safety in the Kitchen Kitchen Hygiene Making sandwiches/ wraps/ rolls: Spreading, different fillings sweet/ savoury, pupil preferences 	 biscuits Using a toaster: Safety features Recognising when toast is burnt Making toast with different toppings Toasting teacakes. Using the grill to toast Christmas biscuits 	boiled> Using the hob: Safety features> Using a can opener & electric whisk> Using kitchen> Cooking tinned foods - opening the cans, draining etc.implements to make different versions of eggs - fried, scrambled, boiled> Becoming familiar with the names of kitchen utensils	 Food likes and dislikes Comparing sweet and savoury Getting students to identify preferences Food likes and dislikes Comparing sweet and savoury Getting students to identify preferences

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SILVER	 Health & Safety in the Kitchen Kitchen Hygiene Making sandwiches/ wraps/ rolls: Spreading, different fillings – sweet/ savoury, pupil 	 Using a toaster: Safety features Recognising when toast is burnt Making toast with different toppings Toasting teacakes. Using the grill to toast 	 Using the hob: Safety features Using kitchen implements to make different versions of eggs – poached, fried, 	 Using a can opener & electric whisk Cooking tinned foods – Opening the cans, draining etc. Becoming familiar with the names of kitchen Food likes and dislikes Comparing sweet and savoury Getting students to identify 	 Food likes and dislikes Comparing sweet and savoury Getting students to identify preferences
YELLOW	preferences <u>Healthy Eating:</u> → Diet → The Eat Well Guide → Energy → Nutrients → Digestion → Activity	 Christmas biscuits Planning to Cook Ingredients Cooking for Health Hygiene & Safety Cooking 	scrambled, boiled Where Food Comes From: > World Food > Food Origins > Farming & Processing	utensils Food Differences: > Farmed > Caught > Reared > Meat	 Dairy Potatoes

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ORANGE > Health & Safety in the Kitchen > Kitchen Hygiene > Making sandwiches/ > wraps/ colls: - colls: - sweet/savoury > Using a can safety features > Alexan disilkes > Using the total total burnt > Food likes and disilkes > Food likes and disilkes > Making sandwiches/ > wraps/ colls: - sweet/savoury > Making toast with different to make - colls: - sweet/savoury > Making toast with different to make - colls: -			100			
	ORANGE	 in the Kitchen Kitchen Hygiene Making sandwiches/ wraps/ rolls: Spreading, different fillings 	 Using a toaster: Safety features Recognising when toast is burnt Making toast with different toppings Toasting teacakes. Using the grill to toast Christmas 	hob: Safety featuresopener & electric whiskUsing kitchenCooking tinned foods –implements to make differentopening the cans, draining etcversions of eggs – fried, scrambled,Becoming familiar with the names of kitchen utensils	dislikes ➤ Comparing sweet and savoury ➤ Getting students to identify	dislikes Comparing sweet and savoury Getting students to identify

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BLUE	Diet &	Health	Shopping		Cooking		Food Safety		Active Lifestyles		Active Lifestyles	
	Perfect Pasta		Winter Food		Remarkable Rice		Food Favourites		Summer Favourites		Celebration Food	
	\triangleright	I can make	\succ	I can explore	\checkmark	I can cook a	\succ	I am hygienic	\succ	I know I need to	\succ	I know that
		healthy food &		where food		range of		when I cook &		be active for 60		being active
		drink choices		comes from &		food from		keep the		minutes each		regularly makes
	\succ	I know that		how it is		around the		kitchen clean		day to be		me happy and
		being healthy is		produced		world		& tidy		healthy		healthy
		about having a	\succ	I am aware of	\succ	I can choose	\succ	l can prepare,	\succ	l can take part	\succ	I know that I
		balanced diet		the different		and use the		cook and store		in team sports		need to drink
	\triangleright	I know that I		costs of food		correct		foods safely &	\succ	I know that I		more fluid
		need to eat	\succ	I am aware that		equipment		hygienically		use the energy		when I am
		different foods		advertising can		to safely	\succ	I can use food		from food &		active
		to provide the		affect what I eat		prepare &		labels to store		drink to be		
		water,	\succ	I know that		cook food		food correctly		active		
		nutrients and		people choose	\succ	l can use a	\succ	I know how to				
		fibre to keep		different foods		range of		store & handle				
		me healthy		for different		skills to		food which is				
	\triangleright	I know that		reasons		prepare food		safe to eat				
		food needs	\succ	I can understand	\succ	I can reduce						
		change & that		and use food		food waste &						
		some people do		labels		recycle food						
		not eat certain				packaging						
		foods										
	\succ	I know that I										
		need to drink										
		lots each day										

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6K, 6S, 6E	Diet &	Health	Shopping		Cooking		Food Safety		Active Lifestyles		Active Lifestyles	
	Perfect Pasta		Winter Food		Remarkable Rice		Food Favourites		Summer Favourites		Celebration Food	
	\checkmark	I can make	\checkmark	I can explore	\checkmark	I can cook a	\succ	I am hygienic	\succ	I know I need to	>	I know that
		healthy food &		where food		range of		when I cook &		be active for 60		being active
		drink choices		comes from &		food from		keep the		minutes each		regularly makes
	\succ	I know that		how it is		around the		kitchen clean		day to be		me happy and
		being healthy is		produced		world		& tidy		healthy		healthy
		about having a	\triangleright	I am aware of	\succ	I can choose	\succ	l can prepare,	\succ	I can take part	\succ	I know that I
		balanced diet		the different		and use the		cook and store		in team sports		need to drink
	\triangleright	I know that I		costs of food		correct		foods safely &	\succ	I know that I		more fluid
		need to eat	\triangleright	I am aware that		equipment		hygienically		use the energy		when I am
		different foods		advertising can		to safely	\succ	I can use food		from food &		active
		to provide the		affect what I eat		prepare &		labels to store		drink to be		
		water,	\triangleright	I know that		cook food		food correctly		active		
		nutrients and		people choose	\succ	l can use a	\succ	I know how to				
		fibre to keep		different foods		range of		store & handle				
		me healthy		for different		skills to		food which is				
		I know that		reasons		prepare food		safe to eat				
		food needs	\triangleright	I can understand	\succ	I can reduce						
		change & that		and use food		food waste &						
		some people do		labels		recycle food						
		not eat certain				packaging						
		foods										
	\succ	I know that I										
		need to drink										
		lots each day										