



**Re: Cooking and Nutrition lessons at St Anne (Stanley) Primary School, Liverpool.**

Thank you for using our Classroom Kitchen service at St Anne (Stanley), I am extremely happy that you have chosen to use us next year to continue the delivery of cooking and nutrition lessons in your school.

As you are probably already aware, the Classroom Kitchen service is delivered by fully qualified primary teachers. Our cooking and nutrition lessons are 'hassle-free' to the schools we work with as we provide all of the equipment, the resources and the ingredients to deliver high quality cooking sessions. As part of every cooking session, we focus on a particular area of nutrition. Children will look at a balanced diet, where foods come from, food groups, cooking healthy alternatives, methods of cooking and healthy lifestyles to build an understanding of why it's important to eat healthy and live well.

To further promote healthy eating across school, we run regular competitions to promote cooking one of our recipes at home as well as offer after school clubs, assemblies and staff development meetings. We work closely with schools to identify what would work best for them in order to best promote healthy lifestyles within their school and its community.

Across the following pages, you will find the overview for next year's curriculum alongside our skills map as well as an outline of some of the nutritional focuses for each year group. We have a whole school curriculum, however it is to the school's choosing as to which year groups we work with. If you would like to make any edits to the attached curriculum or any suggestions then please let me know. It is entirely up to yourselves how you would like to structure the year in terms of when we work with each year group. The curriculum will follow in line with this decision therefore teachers can plan topics or DT projects around the recipes we will be making. The nutritional focuses link into the recipes. Certain focuses will be revisited and some may overlap between year groups to ensure the children build a strong knowledge of health, food and nutrition.

Many thanks,

*James Deveney*

**Director of Innovative Education Ltd**

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	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Foundation Stage</b>	Simple recipes are chosen based on the children's current learning. We aim to link the cooking to something that the children are already exploring. Possibly a story book for example. Sessions at this age focus on the children tasting and trying new things under the guidance of our staff through small group activities. We rotate groups through the afternoon in order to build a more personalised and interactive lesson for the younger children. We also prepare small exploration based activities focused on a cooking skill for the children to access with another adult or independently.					
	1a 2a, g, h, i, j 3a, b 4a, b, c, e, h, m					
<b>Year 1</b>	<b>Veggie Snacks</b>	<b>Fruit Salad</b>	<b>Oaty biscuits</b>	<b>Cinnamon Toast Crunch</b>	<b>Crunchy Salad</b>	<b>Banana Loaf</b>
	1a, b, c 4e	1a, b, c 3a 4b, e	2a, g, h 3a, b	1b, c 3a 4b, c	1a, b, c, d, g, j 4a, b, e, h, m, o	2a, b, c, d, e 3a, b
<b>Year 2</b>	<b>Traffic Light Salad</b>	<b>Flapjack</b>	<b>Fruit Smoothies</b>	<b>Greek Salad</b>	<b>Bruschetta with Tomato and Basil Topping</b>	<b>Rock Buns</b>
	1a, b, c, e, i 4a, b, e	2a, f 3a, b 4c	1a, b, c 3a, b, d 4a	1a, b, c, e 3a 4a, b, h, m	1a, c, e, i 4a, b, e, g, h, m	2a, b, c, f, g 3a, b

Year 3	<b>Fruit and Vegetable Couscous</b>	<b>Fish Fingers</b>	<b>Bread making</b>	<b>Caribbean Red Pepper Salsa</b>	<b>Risotto</b>	<b>Welsh Cakes</b>
	1a, b, c, d, e, g 3a, b, d 4a, m	1c, e 3a, c 4j	2f, g 3b, c, d	1a, b, c, d, e 4g, h, o	1a, c, d, e 3d 4g, h, m	2a, b, c, f, h, i 3b, c
Year 4	<b>Coleslaw</b>	<b>Vegetable Paella</b>	<b>Carrot and Banana Muffins</b>	<b>Vegetable Soup</b>	<b>Pasta Bake</b>	<b>Apple Sponge</b>
	1b, d, h, j 3a, c 4h, m, n	1a, b, c, d, e 3a, b, c, d 4g, h, m, n, o	1c, d, h, j 2a, b, c, e 3a, b, c, d	1a, b, c, d, h 3d 4n	1a, b, c, d, e, i 4b, g, m, n, o	1d, h 2a, b, d, e 3b, c
Year 5	<b>Pasta Salad</b>	<b>Fish Cakes</b>	<b>Spring Rolls</b>	<b>Lentil soup</b>	<b>Savoury Scones</b>	<b>Chicken Stir Fry</b>
	1a, b, c, d, e 3b, c, d 4a, g, h, k, m, n, o	1a, b, c, d, e, h, j 3a, b, c 4e, f, i, j, k, n, o	1a, b, c, d, e, h, j 2h, j 3a, c 4b, f, h, k, n, o	1a, b, c, d, h 3c, d 4g, k, n	2a, c, f, g, h, i, j 3a, b, c	1a, b, c, d, h 4k, m, n, o
Year 6	<b>Tomato and Carrot Soup</b>	<b>Focaccia Bread</b>	<b>Jambalya</b>	<b>Burgers/Meatballs (Veg - Bean burgers)</b>	<b>Dutch apple crumble</b>	<b>Creative Task</b>
	1a, b, c, d, f, h 3a, d 4a, k, m, n, o	2a, f, g 3a, b, c, d 4a, g, n	1a, b, c, d, f 3a, b, c, d 4g, k, m, n, o	1b, d, i 2a 3a, b, c 4a, d, h, i, m, n	1b, d, h 2a, c 3a, b, c, d 4b, l	<b>Mix of skills</b>

## Classroom Kitchen - Skill Map

The following skills are introduced at different stages throughout the school. This is an example (recommendation) and depending on the individual desires of the school or needs of a class, the skills can be introduced at later times. The age group shown is the earliest possible time that the skill will be introduced, in most cases due to safety or difficulty level. Skills will be used each year from introduction to progress each child's ability. This could be through the level of independence, the unit of measure (and accuracy) or the food/ingredients that the child will work with.

Knife Skills		Introduced (age group)
1a	Bridge Cut Technique (soft foods)	Foundation Stage
1b	Bridge Cut Technique (hard foods)	Year 1
1c	Claw Cut Technique (soft foods)	Year 1
1d	Claw Cut Technique (hard foods)	Year 3
1e	Snipping herbs in a jug using scissors	Year 1
1f	Fine chopping of herbs	Year 6
1g	Peeling soft vegetables	Year 3
1h	Peeling harder vegetables	Year 4
1i	Grating soft foods	Year 2
1j	Grating hard foods	Year 3

Baking Skills		Introduced (age group)
2a	Sieving	Foundation Stage
2b	Eggs - cracking/beating/separating	Year 2
2c	Rubbing/Cutting fat into flour	Year 2
2d	Creaming fat and sugar, folding flour into creamed mixture	Year 4
2e	Dividing mixture into tins	Year 1
2f	Mixing to form a dough	Year 2
2g	Kneading and shaping	Foundation Stage
2h	Handling and rolling pastry/dough	Foundation Stage
2i	Cutting out rolled pastry/dough	Foundation Stage
2j	Glazing	Foundation Stage

Measuring and Weighing Skills		Introduced (age group)
3a	Measuring spoons and cups	Foundation Stage
3b	Balance scales	Foundation Stage
3c	Digital scales	Year 3
3d	Jugs to measure liquid	Year 2

More Skills		Introduced (age group)
4a	Tearing	Foundation Stage
4b	Arranging ingredients/toppings	Foundation Stage
4c	Spreading with a spoon	Foundation Stage
4d	Spreading with a knife	Year 2
4e	Scooping	Foundation Stage
4f	Mashing	Year 1
4g	Crushing garlic	Year 2
4h	Beating ingredients together (e.g. salad dressing)	Foundation Stage
4i	Shaping fishcakes/burgers	Year 2
4j	Coating with egg and breadcrumbs	Year 3
4k	Using the hob (under adult supervision)	Year 5
4l	Whisking	Year 5
4m	Garnishing and decorating	Foundation Stage
4n	Seasoning to taste	Year 4
4o	Draining through a sieve or colander	Year 3

## Classroom Kitchen curriculum - Cooking and Nutrition overview

The following table shows some of the cooking and nutritional focuses covered through the Classroom Kitchen sessions.

Year Group	Focus
Reception	<ul style="list-style-type: none"> <li>To know the names of various fruits.</li> <li>To know the difference between a fruit and a vegetable.</li> <li>To think about what our bodies need to be healthy.</li> </ul>
Year 1	<ul style="list-style-type: none"> <li>To know the names of various fruits and vegetables.</li> <li>To understand what fruit does for our bodies.</li> <li>To know why milk and other dairy products are important.</li> <li>To know why some foods are good and some foods are bad.</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>To understand what fruits and vegetables do for our bodies.</li> <li>To know what a balanced diet is.</li> <li>To know the five different food groups of a balanced diet.</li> <li>To understand where foods come from and how they're reared, grown or caught.</li> </ul>
Year 3	<ul style="list-style-type: none"> <li>To know what we need to have a balanced diet.</li> <li>To understand what carbohydrates are.</li> <li>To build our knowledge of the five food groups.</li> <li>To think about home-cooked food vs ready made meals.</li> <li>To know the benefits of fish in our diet.</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>To understand the need for a balanced diet.</li> <li>To understand what carbohydrates and protein do for the body.</li> <li>To understand how our diet can change to suit different needs (exercise).</li> <li>To think about diets around the world and why they are all different.</li> <li>To understand that there are ways to make certain foods healthier.</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>To know there are different ways to prepare foods and what impact these can have on our health.</li> <li>To know what different food groups do for our bodies and understand the idea of 'balance' and that too much of one can have a negative impact.</li> <li>To understand how meats and fish are caught or reared and the positives and negatives of either in our diet.</li> <li>To understand how and why people's diets differ (vegetarianism, gluten-free etc).</li> </ul>
Year 6	<ul style="list-style-type: none"> <li>To understand the positives and benefits of home-cooking vs the impact of eating out or buying ready meals.</li> <li>To know the different foods groups in a balanced diet and how each impacts our bodies differently, considering what would happen with the removal of one.</li> <li>To look at the effects of fast food and how we can produce a healthier alternative.</li> </ul>

## **Closing Statement**

It will be a pleasure to work with St Anne (Stanley) during the 2019/20 academic year. I hope this overview has provided you with enough information to plan out next year however if you would like any further information or to discuss anything further then please do not hesitate to contact. As a company we pride ourselves on delivering a service and producing a curriculum suited to each individual school.

Many thanks,

*James Deveney*

**Director of Innovative Education Ltd**

## **Contact us**

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