

Cooking Curriculum

Year group	Autumn	Spring	Summer
Nursery	Christmas cookies	Easter nests	Salt dough
Reception	Christmas cookies	Easter nests	Ice lollies using fresh fruit and fruit juice.
Year 1	Fruit salad	Cooking and nutrition: fruits and vegetables Seasonal – time of year for planting crops	Healthy sandwich to take on a picnic
Year 2	Cooking and nutrition: a balanced diet Complements science healthy me, exercise and food	Fruit muffins	Vegetable soup
Year 3	Cooking and nutrition: Eating seasonally Complements science healthy eating	Salad sandwiches	Fruit kebabs from the local area
Year 4	Scrambled eggs	Cooking and nutrition: adapting a recipe Complements science eating/digestive system	Fruit smoothie
Year 5	Pizza	Easter sweet treats	Cooking and nutrition: what could be healthier? Complements geography and where food comes from
Year 6	Cooking and nutrition: Come Dine With Me Complements science - impact of diet	Exotic fruit salad	Roasted butternut squash salad

