

KS2 - Sea biscuit, Black beauty, Spirit
TERM 1

All medium term plans represent an aspirational curriculum. Teachers and support staff may need to adapt the learning according to the class needs. This may include filling gaps in basic learning, preparation for the main curriculum and/or to build relationships between the staff and students.

Week	Learning objective and product		Food a fact of life ref:
Week 1	<p>To make cheese straws and learn about basic food preparation skills</p> <p>CHEESE STRAWS</p>		<p>https://www.foodafactoflife.org.uk/recipes/11-14-12c/cheese-straws/</p>
Week 2	<p>Identify and name the key ingredients required to make a basic omelette, including eggs, butter, salt, and any optional fillings like cheese, vegetables, or ham.</p> <p>OMLETETTE</p>		<p>https://www.bbcgoodfood.com/recipes/kids-omelette</p>
Week 3	<p>Safely measure and combine ingredients to create yogurt biscuit dough.</p> <p>Roll out</p>		<p>https://deliciousnutritiousfood.com/how-to-make-the-best-easy-yogurt-biscuits/#mv-creation-17-jtr</p>

	<p>biscuit dough and use cookie cutters to create shapes</p> <p>YOGURT BISCUITS</p>		
Week 4	<p>Students will engage their senses by observing and describing the texture, smell, and appearance of the ingredients and the cooking process</p> <p>FLAPJACKS</p>		<p>https://www.foodafactoflife.org.uk/recipes/food-life-skills/fruity-flapjacks/</p>
Week 5	<p>To identify and select suitable ingredients for vegetable rice</p> <p>VEG RICE</p>		<p>https://www.foodafactoflife.org.uk/recipes/aset-global-cuisines/eastern-asian/egg-fried-rice/</p>
Week 6	<p>To learn how to peel, chop, and prepare the selected fruits for the crumble.</p> <p>FRUITY CRUMBLE</p>		<p>https://www.kidspot.com.au/kitchen/recipes/apple-crumble/udtxwmak</p>
Week 7	<p>To identify various types of fruits that can be used in smoothies.</p> <p>SUPER FRUIT SMOOTHIE</p>		<p>https://www.foodafactoflife.org.uk/recipes/food-life-skills/fruit-smoothie/</p>

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Week	Learning objective and product	Food a fact of life ref:
Week 8	<p>Successfully flip chapatis to ensure even cooking on both sides</p> <p>Appreciate the diversity of food and cultures by discussing how chapatis are enjoyed in different parts of the world.</p> <p>CHAPATIS</p>	<p>https://www.bbcgoodfood.com/recipes/chapatis</p>
Week 9	<p>Students will learn and practice measuring ingredients accurately using various kitchen tools such as measuring cups and spoons.</p> <p>MINI CHRISTMAS CAKE</p>	<p>https://www.twinkl.co.uk/resource/t-tp-386-bake-a-cake-in-a-tin-rec</p>
Week 10	<p>Students will identify and name key ingredients used</p>	

	<p>in making a Christmas cake, such as flour, sugar, butter, eggs, dried fruits, and spices.</p> <p>DECORATING CHRISTMAS CAKE</p>	
Week 11	<p>To emphasise the importance of balanced eating by discussing the nutritional aspects of sausage rolls and exploring healthier ingredient options.</p> <p>SAUSAGE ROLLS</p>	<p>https://www.twinkl.co.uk/resource/homemade-sausage-rolls-recipe-t-prt-1654605822</p>
Week12	<p>Students will develop creativity and fine motor skills by decorating their Christmas cookies with icing and various edible decorations.</p> <p>CHRISTMAS COOKIES</p>	<p>https://www.twinkl.co.uk/resource/stained-glass-christmas-biscuits-recipe-t-fd-1680788039</p>
Week13	<p>Students will be able to describe the steps involved in melting and mixing fudge ingredients.</p> <p>FUDGE</p>	<p>https://www.twinkl.co.uk/resource/deliciously-creamy-fudge-recipe-t-d-115</p>
Week 14	<p>LO: Assessment & finishing off</p>	