

## Cookery Overview September 2016 to July 2017

Each year group will have the opportunity to experience cooking outdoors as well as indoors during these sessions.

\*KS2 Baking will concentrate on mainly savoury dishes, striving to use in-season ingredients and teaching the fundamentals of a healthy balanced diet.

\* KS1 Baking will concentrate on building basic skills and encouraging healthy choices.

The children will be given the opportunity to work in pairs, encouraging team work, co-operation, good communication and handling skills, safe use of tools and equipment, whilst producing their own end product to sample and/or take home. Whenever possible, the children will use produce harvested from our school grow zone.

	Autumn 1 Year 6	Autumn 2 Year 4	Spring 1 Year 5	Spring 2 Year 3	Summer 1 Year 2	Summer 2 Year 1
Indoor Cooking	Introducing how to make/use shortcrust pastry and puff pastry. Using local and in-season fruit and veg we will make " <b>Herby Sausage &amp; Apple Spirals</b> " and French style " <b>Quiche Lorraine</b> "	Using healthy and nutritious oats we will make <b>Savoury Oat Cakes</b> and an "in-season" <b>Oaty fruit Crumble</b>	Making our own bread dough base, we will make <b>Pizza</b> with homemade tomato sauce and a topping. And on a sweeter side making <b>Spring Butterfly Cakes</b> .	Using local potatoes Year 3 will make <b>Herby Potato Cakes</b> and then decorated <b>Easter Biscuits</b> in preparation for the Easter holidays. One biscuit will be frozen for the final week.	Using "in season" fruit and vegetables we will make our own <b>Fruit &amp; Veg Kebabs</b> and make tasty <b>healthy dips</b> to try with them. Year 2 will then make <b>Summer Raspberry Buns</b> using a biscuit dough recipe.	Using a quick dough recipe we will make our own <b>bread rolls</b> , one of which will be frozen for the final weeks woodland picnic. We will <b>decorate biscuits</b> and make <b>Wholemeal Pitta Pizza's</b> .
Outdoor Cooking	Final Week: Part Bake <b>Jacket Potatoes</b> in school. These will then be finished off on an outdoor campfire/oven and eaten around the campfire.	Final Week: Melting <b>marshmallows</b> and chocolate over a campfire to make <b>S'mores</b> and enjoy with a hot seasonal fireside drink.	Final Week: <b>Campfire hot chocolate</b> made with milk and <b>Campfire Bread Twists</b> (weather permitting)	Final Week: Forest Campfire drinks will be prepared along with enjoying the <b>Easter biscuit</b> made earlier.	Campfire snacks and drinks will be made/provided depending on "in season" ingredients.	Woodland Picnic using our <b>own bread rolls</b> we will <b>grow cress</b> and use this in a sandwich filling.