

Cooking Long Term Map

Term	Milestone 1		Milestone 2		Milestone 3	
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	Winter Salad (Europe)	Pizza (Italian)	Hummus (Middle East)	Curry (Indian)	Quiche (France)	Year 6 will do all cooking in the summer
Spring	Carrot and Nutmeg Cookies	French Apple Tart (France)	Cupcakes (USA)	Bread Making (Origin is Egypt)	Cookies (Soft and Hard)	<ol style="list-style-type: none"> <li>1. Chicken Chow Mein (Chinese)</li> <li>2. Cottage Pie (English)</li> <li>3. Pie (Apple/Blackberry) (English)</li> </ol>
Summer	Milkshakes / Smoothies (USA)	Gingerbread Men (Europe)	Tacos (Mexican)	Healthy Brownies (USA)	Falafel (Middle East)	
Skills Progression	Cooking Skills for Year 1 and 2		Cooking Skills for Year 3 and 4		Cooking Skills for Year 5 and 6	
	<ul style="list-style-type: none"> <li>• Cut, peel or grate ingredients safely and hygienically.</li> <li>• Measure or weigh using measuring cups or electronic scales.</li> <li>• Assemble or cook ingredients.</li> </ul>		<ul style="list-style-type: none"> <li>• Prepare ingredients hygienically using appropriate utensils.</li> <li>• Measure ingredients to the nearest gram accurately.</li> <li>• Follow a recipe.</li> <li>• Assemble or cook ingredients (controlling the temperature of the oven or hob, if cooking).</li> </ul>		<ul style="list-style-type: none"> <li>• Understand the importance of correct storage and handling of ingredients (using knowledge of micro-organisms).</li> <li>• Measure accurately and calculate ratios of ingredients to scale up or down from a recipe.</li> <li>• Demonstrate a range of baking and cooking techniques.</li> <li>• Create and refine recipes, including ingredients, methods, cooking times and temperatures.</li> </ul>	