

Stanbridge School Plan Year One

Term Week	Week 1	Week2	Week 3	Week 4	Week 5
Lesson Description	Hygiene, germs and hand washing. Food Storage	Using equipment safely	Food preparation skills	Eat well plate	Sugar shocker
Key learning	How germs spread Correct hand washing Keeping your kitchen safe from contamination Food storage Date labels	Identifying tools Knife skills Correct use of utensils	Cooking terminology Cooking techniques	Eatwell plates Food groups Making healthy choices	How much sugar is in our diets Effect of sugar on our body
Recipe	Courgette fritters	Salad	Pancakes	Pitta bread pizza	Banana loaf
Skills	Grating Mixing Chopping Juicing Measuring	Chopping Grating Whisking Knife skills	Whisking Measuring Beating Chopping Juicing	Chopping Spreading Mixing Tearing	Measuring Mashing Beating Folding

Year 4 Spring 1 half term, Year 3 Spring 2 half term.