My Cooking

Pre Cooking

Exploration of food- tasting, smelling, , touching foods.

Likes and dislikes.

Opportunity for role play- using play euipment and mud kitchens

Pre Cooking

Wahing hands

Cleaning surfaces

food Hygiene.

Pre Cooking

Safety and spotting danger.

Using knives safely.

Using hot water.

Recognising hot surfaces.

Using a blunt knife: using a knide to spread.

Using a knife to cut.

Opening containers and relacing lids.

Making a sandwich.

Pouring, mixing and estimating:

Making a drink of squash

Preparing a bowl of cereal

Making a hot chocolate.

Portion sizes.

Ordering and following instructions:

Copying an adult step by steps.

Following verbal of symbolic instructions.

Ordering instructions or recipes.

Safety and hygiene:

Dealing with accidents in the kitchen.

How to use sharp tools safely

Washing up and wiping tables.

Washing hands and using aprons.

Cleaning equipment

Using a range of equipment: Grater, toastie maker, kettle, toaster, microwave, tin opener, air fryer.

Electrical safety.

Using tongs and oven gloves.

Simple home foods:

Beans on toast/ soup/ toasted sandwich/ hot drinks/ salad.

Convenience foods: noodles, porridge.

healthy/unhealthy foods: Making healthy choices.

identifying and chopping/ cutting/ peeling fruit and vegetables.

Making salads/ making fruit salad. Making soup, making a fruit pudding.

Cooking for others: planning a tea party. Planning lunch for another class. Preparing and eating a meal independently.

Cross curriculer: forest school/ science / maths/ English.