

Y3	Cooking	CQ- Threshold Concepts: Master Practical Skills Design, make, evaluate & improve Skills & Activities	National Curriculum links	Lesson time
Wk1	Welsh Rarebit	Claw grip and bridge hold for chopping veg, mixing, spreading, grating cheese, using a grill safely. CQ – Prep ingredients hygienically using appropriate utensils	DT - 2f Follow safe procedures for food safety & personal hygiene. DT – 2a select tools & use safely. Sc Life Processes– 2b Humans need the right type and amount of nutrition from food. Understand energy comes from food/drink.	1.20-3.20
Wk2	Fruit Skewers &	Peeling and preparing fruit, claw grip/bridge hold cutting harder fruits, threading fruits on a wooden skewer. CQ – Prep ingredient hygienically	Sc – 2b Importance of 5-a-day fruit & veg and hydration. DT2/1C use utensils & electrical equipment DT 2a -My food product uses a selection of ingredients to meet a need (eg healthy snack)	“
Wk3	Rock cakes	Weighing & measuring ingredients, rubbing in & combining ingredients. Baking in oven. CQ – Measure ingredients accurately (to nearest gram)	Maths – using weighing scales grams(g) measuring in millilitres (ml) Sc 2c – temperature is a measure of hot & cold, reversible & irreversible changes Sc -Healthy eating - reducing sugar. Literacy – Read Rascally Cake book.	“
Wk4	French Bread pizza	Using a sharp vegetable knife (bridge hold/claw grip) to prepare vegetables, snip spring onion, spread with the back of a spoon, grate, seasoning with herbs & black pepper. Baking in oven. CQ- Follow a recipe	DT – 2a I select & prepare ingredients for my food product. DT - 2b – I work in a safe & hygienic way. DT -2e My product is well presented. Eatwell Guide – name & understand 5 food groups. Apply the principles of a healthy diet	“

Wk 5	Making Healthy Sandwiches	Using knives, using egg slicer, grate carrot, washing & chopping salad, spreading mayonnaise/chutney. Seasoning/herbs CQ- create own recipe	Understand how to make a healthy packed lunch activity. Lit/Sc: Book – “ I know where my food goes”. DT – 2 e – my product is well presented DT – 2a I select ingredients for my food	“
	Whetstone Pastures Farm visit (summer term)	Y3 Farm trip: science & literacy links, eg new vocabulary, farm animals, grain store, fruit picking, helping on the farm, trailer ride. Making Jam instructions	Sc – 2b Humans and animals need food for activity & growth. Learning about seasonal foods	“

Long Term Plan Food Routes

Year 4	Cooking	CQ- Threshold Concepts: Master Practical Skills Design, make, evaluate & improve Skills & Activities	National Curriculum links	Lesson time
Wk1	Cheese Scones	Rubbing in method, use different spoons to measure ingredients, teaspoon, tablespoon, measuring spoons CQ – Assemble & cook ingredients (control Temperature)	DT – 2f follow safe procedures for food safety and hygiene (cross-contamination)	1.20-3.20
Wk2	Leek & mushroom croustades	Practise Bridge hold (chop mushrooms) and claw grip (slice leeks) use pastry cutters, brush bread with oil, grate cheese. Use Leeks from school garden (in season) Making bread crumbs using a blender and toasting for next week's fish cake recipe . CQ – Prep & cook ingredients	Sc – The importance of an adequate and varied diet for good health. Sc 3a Growth & nutrition of green plants (leeks). DT – 4b I describe my food in terms of taste, texture & flavour.	“
Wk3	Fish cakes	Mash, shape, coat. Boil potatoes, grease a tray. Use potatoes from school garden (in season) Use an oven safely. CQ – Prep & cook ingredients	Sc – life processes 3a - understand about fish farming & processing in factory. DT – 4b I describe my food in terms of taste, texture & flavour. Cook savoury food.	“
Wk4	Broccoli & Basil soup Optional Pumpkin	Peel and dice pre-cooked potatoes, use measuring spoons, use the combined bridge & claw grip, make stock, measure liquid in ml, boil/simmer. Safe use of hob, kettle, sharp knives & blender. Chopping hard veg, carrot, potato, onion CQ – Measure liquids, Prep & cook ingredients	Sc –Growth of plants eg broccoli Eatwell Guide - Learning about nutrients/seasonality DT – 3b evaluating a product: what is good, what could be improved and how? Pumpkins/onion harvested from school garden	“

	soup (seasonal)			
Wk5	Spicy Chickpea Pot	<p>Preparing fresh ginger, fresh chillies, use a garlic press, measure spices, use a lemon juicer, chop onions</p> <p>CQ – Prep & cook ingredients. Measuring and controlling temperature on the hob.</p>	<p>Investigating history of spices, handle and smell spices, grinding spices.</p> <p>DT 2c – I measure out ingredients by weight or quantity using scales & measuring spoons.</p> <p>DT – 4a Describe the properties of food ingredients, taste, smell, texture & consistency</p>	“

Long Term Plan Food Routes

Year 5	Cooking	CQ- Threshold Concepts: Master Practical Skills Design, make, evaluate & improve Skills & Activities	National Curriculum links	Lesson time
Wk1	Making fruit crumble	Sieving, rubbing in method, combining ingredients, harvest and prepare seasonal fruit (rhubarb/apples/blackberry from garden in season or frozen). CQ – harvest & weigh ingredients. Control temp.	DT 2c – Measure out ingredients by weight or quantity using scales & measuring spoons Learning about seasonal fruit and vegetables. DT 2f- follow safe procedures for food safety and hygiene (hob and oven cooking)	1.20-3.20 pm
Wk2	Chilli Bean potato	Scooping out potato from skins, use kitchen scissors, measuring spoons, mashing with a fork, mixing ingredients, baking in oven CQ – Demo a range of baking and cooking techniques	Sc 3a – Life processes – growth of plants - Investigate potatoes. PHSE 3a – I understand what makes a healthy lifestyle including healthy eating – carbohydrates section	“
Wk3	Macaroni cheese	Measuring and weighing ingredients (jugs & spoons/scales), grating, using a colander, simmering and baking CQ – Measure accurately, understand importance of correct storage & handling of ingredients (micro-organisms)	DT 2c – measuring ingredients by weights or quantity using scales, measuring spoons DT 4c – My product has been cooked to change the nature of the raw ingredients Investigating milk production and non-dairy alternatives. Allergies\food intolerances.	“
Wk4	Fish Pie	Make a meal in stages. Peel potatoes & Safely chop med/hard veg – potato, onion, broccoli, measuring liquids, grating, making a sauce mix, using hob and baking in the oven.	PHSE -4g Differences between people including cultural, ethnic & religious food differences. DT describe properties of food, taste, texture, smell. Eatwell guide – protein	“

		CQ- understand importance of correct storage & handling of ingredients (cross-contamination/chilling)	Find out how fish reared, caught, processed Healthy options- 'Traffic lights' on recipes/food	
Wk5	High Fibre snack	Using high fibre crackers/bread, prepare salad, make tomato salsa by chopping, suing juicer, chopping herbs CQ –Prep salad ingredients	Sc –Investigate importance of fibre and water in the diet. DT – 4a Describe the properties of food ingredients, taste, smell, texture & consistency Select ingredients. Seasonality. Healthy eating	“

Year 6	Cooking	CQ- Threshold Concepts: Master Practical Skills Design, make, evaluate & improve Skills & Activities	National Curriculum links	Lesson time
Wk1	Tomato & basil bread /salad oil dressings	Measuring ingredients using scales. Sieving, rolling out, kneading dough, proving bread, dividing into equal parts, tear fresh herbs, snipping sun dried tomatoes, baking. Use lemon squeezer. CQ – knowledge of micro-organisms (yeast/composting)	Sc Living things 5f - Micro – organisms are living things useful in baking bread and compost (breaking down waste) but also harmful eg causing food to go mouldy. Use this knowledge to store food properly.	1.20-3.20
Wk2	Harvest Vegetable soup Seasonal - Pumpkin soup	Chop hard vegetables (potato, carrot, onion) safely using bridge/claw grip, Use a kettle, weighing scales, making stock, boiling & simmering on hob, blending. CQ – create & refine recipes incl ingredients, method cooking times & temperatures.	Investigate different root vegetables and seasonal foods. Sc materials 1c – some materials are better heat conductors eg metal pans/wooden spoons Sc - Investigating the importance of fibre and water in the diet and how this aids digestion.	“
Wk3	Spicy potato wedges and chicken/quorn goujons	Handling & cutting meat/quorn Avoid cross contamination when using meat and raw egg, coating using egg, breadcrumbs. CQ- Understand importance of correct storage/handling of ingredients/cross contamination	PHSE 4g Cultural & religious food differences. Religious practice affects people’s lives. Allergies & food intolerances. Halal food. DT – 2f follow food safety & hygiene procedures. Four C’s: cooking, chilling, cleaning, cross-contamination. Correct storage & handling of food.	“

Wk4	Tuna & broccoli pasta bake	<p>Cooking pasta, chopping broccoli, peppers, measuring ingredients, grating cheese, using table spoons for measuring.</p> <p>CQ- Create & refine recipes/ scaling recipe ingredients up and down</p>	<p>Make a main meal in stages.</p> <p>Sc - Learn about starchy carbohydrates - video</p> <p>Scaling up and down from a recipe.</p> <p>Nutrients powerpoint & posters, nutrient cards.</p>	“
Wk5	Chocolate and beetroot muffins	<p>Creaming method, folding method, combining ingredients, avoiding cross contamination (egg), grating, baking.</p> <p>CQ- measure accurately & calculate ratios of ingredients to scale Up and down from a recipe</p>	<p>Sc – Sugar investigation. Learn about different types of refined/unrefined sugar, use Food for life sugar App. Sugar swap booklets</p> <p>PHSE 3a – I understand what makes a healthy lifestyle including healthy eating.</p> <p>DT4a Use proportion & ratio to understand about scaling up and down for different quantities.</p>	“

Cross curricular National Curriculum Links with Food Routes Lessons:

RE - Understand key teachings of various religions in relation to food. Understand practices and lifestyles. Importance of religion in people's lives (appreciation). Values/beliefs affect behaviour.

Maths – use and apply measures in more complex contexts, use devices for measuring in ml/l also weighing accurately in grams (g). Fractions – concept of a part and whole, ways to calculate, multiple and divide. Apply maths knowledge of ratio and proportion. Temperature (+/-) eg fridge and freezer. Estimate numbers. Metric measures/Imperial measures.

Literacy – reading recipes & following written instructions, reading fact information sheets.

Science – Look at requirements for growth of plants. Animals & humans – nutrition, (energy) nutrients in the body (food groups, vitamins, minerals). Digestion in humans. Lifecycle of plants (leeks, broccoli/potatoes).

Oracy/communication – Develop a wide range of subject specific vocabulary. Speak with clarity. Engage in meaningful discussion (evaluations). Listen carefully (videos & each other).

National Curriculum Links / Essentials Threshold Concepts by Chris Quigley

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