

D&T Long Term Plan for the Coverage of the 'Cooking & Nutrition' Aspect of Learning

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 1	Our Wonderful World <u>Harvest</u> (vegetable soup) <u>Foodstuffs eaten in Space</u> Make – Vegetable soup	Victorian Homes <u>Contrasting diets:</u> <u>Rich</u> – meat, fish, vegetables, rich puddings, ice-cream & sorbets <u>Poor</u> – rice, potatoes, cheese, bread & gruel Make - Gruel	Pirates <u>Foods from animals kept onboard ships</u> (milk, eggs, fish, cheese, etc) <u>Processes to make foods last</u> (dried beans, pickled vegetables & salted foods) Make – Pickled vegetables	Growing <u>Grow own vegetables</u> to cook & taste/ <u>Prepare salads</u> using own produce Make - Salad	Castles <u>Medieval food</u> – bread, stew, roast meat, fish, soup, pies, pastries, vegetables, fruit, honey & spices Make – Pastries	Animal Groups <u>Dishes that are low in fat but high in carbohydrates</u> (rice & pasta dishes) Make – A pasta dish of choice
Class 2	Jungle/Animal Habitats <u>Mexican dishes</u> – tacos, stew, salad, tostadas, fajitas, vegetable wraps, tortilla chips Make - Tortillas	Festivals & Celebrations <u>Bonfire Night</u> – soup, sausage rolls, toffee apples, baked potatoes, toffee <u>Christmas</u> – mince pies, ginger-bread biscuits Make – Toffee Make – Mince pies	Marvellous Medicine <u>Hospital Meals</u> – planning & making balanced diet dishes Make – A simple balanced meal	Fire of London Cooked meats (eaten in Chop Houses) Bananas & pineapples introduced Drinking chocolate, tea & coffee Most people ate bread, cheese & onions with pottage (with added vegetables & meat) being part of the daily diet Make – A range of cooked meats		An Island Home Fish dishes Make – A fish dish of choice
Class 3	Metal Man <u>Stone Age</u> – main source of food being fish & bird with all parts being utilised inc the bones being smashed for marrow <u>Iron Age</u> – breads, stews, porridge & soups Make – Different types of bread		Groovy Greeks <u>Greek dishes</u> – lamb dishes, brown rice salad, tzatziki, salad (inc pasta salads), grilled chicken, greek beans, feta cheese, kebas Make - Tzatziki		Come to Cornwall <u>Famous Cornish foods</u> - Cornish pasties, meat pies, clotted cream, cakes & deserts Make – Cornish pasty	

Class 4	Tudors <u>Contrasting diets:</u> <u>Rich</u> – meat, fish, vegetables & bread <u>Poor</u> – pottage, bread & chicken Make - Pottage	Ancient Egypt <u>Contrasting diets:</u> <u>Rich</u> – meat (beef), bread, vegetables, fruit, cheese & honey <u>Poor</u> – meat (goat & sheep), bread, vegetables, pickled & salted fish Make – Cook vegetables in different ways	Vikings Farming & Fishermen’s diets consisted of: bread, porridge, meat stews, honey, meat, fish, cabbage, peas, fruit (cherries, apples & plums) Make – Meat & vegetable stew
Class 5	Elizabeth 1 Poultry, fish, fresh fruit & vegetables, eggs, pancakes, peacock, hares & breads Make - Pancakes	Mining <u>Local area produce/dishes</u> Water, bread & jam (a typical meal taken down the pits) Make - Sandwiches	Mayans Typical diets consisted of: corn/maize, squash, beans, pear, sweet potato, peppers, tomatoes, fruits, tortillas, meat (dogs, turkeys & ducks) <u>Cocoa beans – chocolate</u> Make - Chocolate
Class 6	The Stuarts <u>Celebrated meal</u> – a boar’s head with an apple/lemon in its mouth Daily diets consisted of meat, fish, bread, cheese & pottage, with the <u>Rich</u> enjoying new imported foods (bananas, pineapples, coffee beans & sugar) Make – Fruit salad inc exotic fruits	Romans Ate vegetables, meat & fish grown by themselves with pottage, bread, fruit & cheese being eaten regularly <u>Expansion of the Empire</u> – started to use herbs & spices to flavour dishes & began eating more fish Make – Use herbs & spices to flavour chosen dishes	WW2 <u>Limited diets due to rationing</u> – porridge, cheese, dried egg powder, spam/corned beef, minced meat, apples, root vegetables (swede, carrot & potatoes), rice pudding, semolina, tapioca & powdered milk Make – Milk based deserts