

## 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
<b>Class 1</b>	<b>Our Wonderful World</b> <u>Harvest</u> (vegetable soup) <u>Foodstuffs eaten in Space</u> Make – Vegetable soup	<b>Victorian Homes</b> <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	<b>Pirates</b> <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	<b>Growing</b> <u>Grow own vegetables</u> to cook & taste/ <u>Prepare salads</u> using own produce Make - Salad	<b>Castles</b> <u>Medieval food</u> – bread, stew, roast meat, fish, soup, pies, pastries, vegetables, fruit, honey & spices Make – Pastries	<b>Animal Groups</b> <u>Dishes that are low in fat but high in carbohydrates</u> (rice & pasta dishes) Make – A pasta dish of choice
<b>Class 2</b>	<b>Jungle/Animal Habitats</b> <u>Mexican dishes</u> – tacos, stew, salad, tostadas, fajitas, vegetable wraps, tortilla chips Make - Tortillas	<b>Festivals &amp; Celebrations</b> <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	<b>Marvellous Medicine</b> <u>Hospital Meals</u> – planning & making balanced diet dishes Make – A simple balanced meal	<b>Fire of London</b> 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		<b>An Island Home</b> Fish dishes Make – A fish dish of choice
<b>Class 3</b>	<b>Metal Man</b> <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		<b>Groovy Greeks</b> <u>Greek dishes</u> – lamb dishes, brown rice salad, tzatziki, salad (inc pasta salads), grilled chicken, greek beans, feta cheese, kebas Make - Tzatziki		<b>Come to Cornwall</b> <u>Famous Cornish foods</u> - Cornish pasties, meat pies, clotted cream, cakes & deserts Make – Cornish pasty	

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