

Cooking: Seasonal Picnic

Curriculum Coverage:

- Use the basic principles of a healthy and varied diet to prepare dishes
- Understand where food comes from.

Key Facts:

- A healthy diet includes all components of the Eatwell Guide and ensures these are eaten in a balance.
- Food can be grown, reared, or farmed.
- Some foods are eaten more in certain seasons (e.g. strawberries in summer, pumpkins in autumn).
- Food is made from ingredients which can be eaten or used in cooking.

Key Skills:

- Explore and understand traditional foods included in a picnic.
- Understand and follow the necessary hygiene rules needed for food preparation as well as the safety requirements of using tools and cooking.
- Develop and successfully complete practical cooking skills such as measuring, mixing, shaping, spreading, assembling and baking or simple cooking.
- Research and test a variety of picnic mains (quiches, sausage/veg rolls, pies, pasta salads etc.)
- Identify and prepare a picnic dish with a key component which can be included in a seasonal picnic.
- Test the final product and write brief annotations on its taste, texture and appearance.

Possible experiences:

- Visit a farm.
- Picnic with their mains.



Key Vocabulary

Bake	To cook food in an oven.
Recipe	Instructions for making food.
Seasonal	A food or ingredient which is only ready at specific times of year.
Hygiene	Keeping yourself and the surroundings clean for food.
Preparation	Getting things ready for cooking.

We should already know:

- The differences between fruits and vegetables and how to cut and prepare them.
- Basic hygiene rules when working with food and ingredients.
- What a recipe is.