

Riverside Primary School Whole school cooking overview 2023-2024

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Term 1	Bread	Smoothie	Stripy salad pots	Royal Rice Quorn foods	Coleslaw and jacket potato	Blueberry and cinnamon muffins	Vegetable soup
Term 2	Play doh Christmas treats	Cheese straws	Shortbread	Mince pies	Cauliflower cheese	Couscous	Apple crumble
Term 3	Ice lollies Chinese stir fry	Pizza (make base)	Seeded bread	Leek and potato soup	Breakfast scones	Mushroom stroganoff	Mexican Food: Vegetarian Chilli
Term 4	Fruit salad	Dippy eggs	Scrambled eggs on toast	Fried eggs and toast	Pancakes	Tudor knots	Rationing: Eggless chocolate cake/bread pudding/spam hash
Term 5	Planet jam tarts	Pottage	Porridge with apples and cranberries	Mealie bread	Falafel	Omelettes	Frittata
Term 6	Cucumber Salad	Potato salad	Vegetable kebab (peppers)	Tomato pasta	Courgette muffins	Carrot muffins	Plan, buy and cook a meal

Knife skills

Meal

Eggs

Baking/pastry

Food from biodome

Topic link

Useful resources:

<https://www.foodafactoflife.org.uk/about-food-a-fact-of-life/>

Lots of recipes, resources, support and information about teaching all aspects of food and nutrition

Recipes:

Smoothie:

<https://www.foodafactoflife.org.uk/recipes/food-life-skills/fruit-smoothie/>

Cheese straws:

<https://www.foodafactoflife.org.uk/search-results?q=cheese+straws>

Spanakopita:

<https://www.kidspot.com.au/kitchen/recipes/herby-filo-triangles-recipe/5n2rggp0?r=greekrecipes&c=fpc9h4d4/Greek%20recipes>

Coleslaw:

<https://www.foodafactoflife.org.uk/recipes/food-life-skills/coleslaw/>

Pizza:

[Food A Fact Of Life](#)

Potato Salad:

<https://www.foodafactoflife.org.uk/recipes/5-11-years/potato-salad/>

Additional resources:

<https://www.foodafactoflife.org.uk/search-results?q=potato+salad>

Vegetable kebabs:

<https://www.foodafactoflife.org.uk/recipes/5-11-years/vegetable-kebabs/>

Additional resources:

<https://www.foodafactoflife.org.uk/search-results?q=vegetable+kebabs>

Shortbread

<https://www.foodafactoflife.org.uk/recipes/5-11-years/shortbread/>

Royal rice

<https://www.foodafactoflife.org.uk/recipes/3-5-years/royal-rice/>

Stripy salad pots

<https://www.foodafactoflife.org.uk/recipes/healthy-eating-week/stripy-salad-pots/>

Tomato pasta:

[Spinach and Tomato Pasta Recipe.pdf](#)

Mealie bread:

<https://www.foodafactoflife.org.uk/recipes/aset-global-cuisines/african/mealie-bread/>

Mushroom stroganoff:

https://content.twinkl.co.uk/resource/c7/82/t-par-1668766329-winter-food-and-recipes_ver_1.pdf?_token=&exp=1675349608~acl=%2Fresource%2Fc7%2F82%2Ft-par-1668766329-winter-food-and-recipes_ver_1.pdf%2A~hmac=e5a9961169c52f0811e2d76a49fd9c304616abe90636459994d5d3a8ceac6bcd

Porridge with apples and cranberries:

https://content.twinkl.co.uk/resource/c7/82/t-par-1668766329-winter-food-and-recipes_ver_1.pdf?_token=&exp=1675349952~acl=%2Fresource%2Fc7%2F82%2Ft-par-1668766329-winter-food-and-recipes_ver_1.pdf%2A~hmac=58ebbf1127e617294efd91b5864e0c689d8c8d4e5361ca47a61055b4f4adc6cf

Eggless chocolate cake/bread pudding/spam hash:

https://content.twinkl.co.uk/resource/12/47/t2-h-4750-wartime-recipe-booklet-ver_4.pdf?_token=&exp=1675350622~acl=%2Fresource%2F12%2F47%2Ft2-h-4750-wartime-recipe-booklet-ver_4.pdf%2A~hmac=a3e81902747890586a29b1f5160612e917648d21559cca1393e2859ede5a183b

Breakfast scones:

<https://www.foodafactoflife.org.uk/recipes/breakfast/breakfast-scones/>

Blueberry and cinnamon muffins:

<https://www.foodafactoflife.org.uk/recipes/5-11-years/blueberry-and-cinnamon-muffins/>

Apple crumble:

<https://www.foodafactoflife.org.uk/recipes/11-14-l2c/apple-and-sultana-crumble/>

Cauliflower cheese:

<https://www.foodafactoflife.org.uk/recipes/food-life-skills/cauliflower-cheese/>

Tudor Knots:

<https://cadw.gov.wales/sites/default/files/2020-05/Tudor%20Lovers%27%20Knots.pdf>

Mexican Runner Beans:

<https://www.lowcarbmaaven.com/mexican-green-beans/>