

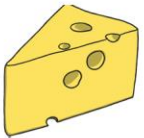
Hampstead Parochial School Cooking Curriculum



At our school, we provide three cooking opportunities for each class per year. Over their time at school children will develop and build upon their cookery skills. To support these lessons, children will also learn about the nutritional elements of food and cooking as well.



Please see below for an overview of the types of things we will cook in each year group.



Reception	Fruit kebabs Melting snowan biscuits Salad
Year 1	Rock buns Cinnamon toast crunch Tzatziki, hummous and drips
Year 2	Apple salad Mashed potato Sweet muffins
Year 3	Apple crumble Scrambled egg Bread rolls
Year 4	Lentil soup Banana yoghurt biscuits Fish cakes
Year 5	Apple sponge pudding Pizza Tomato and carrot soup
Year 6	Spicy fruit cookies Caribbean fruit salad Beef burgers

