



Term 2 2024

Food Tolerance/ Catering (Following Scheme A) (PSED, PD) I can touch dry foods with my hands I can touch wet foods with my hands I can lick different foods I can smell different foods I can bite different foods I can taste and swallow different foods	Story - Taste and tell - vegetables with veggie vole <u>Wk 1</u> Roast potatoes <u>Wk 2</u> Roast parsnips <u>Wk 3</u> Broccoli <u>Wk 4</u> cabbage <u>Wk 5</u> carrot <u>Wk 6</u> cauliflower Catering: Vegetable bites Monday - grated/ chopped fine Tuesday - grated/ chopped fine Wednesday - mashed Thursday - mashed Friday - whole Catering session: 1 session a week per class - chick pea flour, egg, grated veg - like a simple bhaji (adult takes and either fries it or bakes it, we may even get an air fryer)	P -Exploring food with senses O -showing the food R -symbols I -following symbols C -eating out of session	Core vocab Food, like, not like, look, more, yes, no, food Extension vocab - try it, smell, Touch, taste, Chew, Bite, lick Food tolerance vocab swallow, name of food, Catering vocab Mash, cut, grate, peel, vegetable names
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Term 3 2025

Food Tolerance/ Catering (Following Scheme A) (PSED, PD) I can touch dry foods with my hands I can touch wet foods with my hands I can lick different foods I can smell different foods I can bite different foods I can taste and swallow different foods	Story - Taste and tell - Fruit I - Start with familiar We - do something together i.e. rehearsal from last week. You - try something new - 1 food a week. <u>Wk 1</u> apples <u>Wk 2</u> apricot <u>Wk 3</u> avocado <u>Wk 4</u> banana <u>Wk 5</u> cherry <u>Wk 6</u> date/ fig/ grape Catering visuals.docx Monday - grated/ chopped fine Tuesday - grated/ chopped fine Wednesday - mashed Thursday - mashed Friday - whole	P -Exploring food with senses O -showing the food R -symbols I -following symbols C -eating out of session	Core vocab Food, like, not like, look, more, yes, no, food Extension vocab - try it, smell, Touch, taste, Chew, Bite, lick Food tolerance vocab swallow, name of food, Catering vocab Mash, cut, grate, peel, fruit names
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Term 4 2025

Food Tolerance/ Catering I can touch dry foods with my hands I can touch wet foods with my hands I can lick different foods I can smell different foods I can bite different foods I can taste and swallow different foods	Grains Food tolerance sessions: raw, cooked, warm, cold Cooking session 1x weekly - use core ingredients and add 2/3 additional ingredients to create the recipe. Story - Taste n tell cards Learning - Week 1- Oats- porridge chop apple add honey, sprinkle cinnamon.  Half recipe Apple Porridge Balls Week 2 - Pasta - Tomatoes, tomato puree, dried basil Week 3 - Rice - Vegetable rice (spring onion, cucumber) Week 4 - Bread - bread rolls , cucumber, tomato Week 5 - Corn - popcorn- flavored Week 6 - Oats - baked oats with honey and fruit.	P -Exploring food with senses O -showing the food R -symbols I -following symbols C -eating out of session	Core vocab - food , drink, in Extension vocab - look, touch, smell, taste, bite, chew, swallow, like/dislike. Additional vocab -Apple, honey, cooked, not-cooked, tomato, mix, bake, eat, soft, hard, vegetable, Oat, pasta, rice, bread, corn Link to grid vocab sheets to print  Term 3 Grid
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Summer Term 2025 Seasonal Fruit and Vegetables (change the order according to the season and what fruit or vegetables are available - consider a Pips pick your own trip and link into the food tolerance scheme)

Food Tolerance/ Catering I can touch dry foods with my hands I can touch wet foods with my hands I can lick different foods I can smell different foods I can bite different foods I can taste and swallow different foods	Common Seasonal vegetables Food tolerance sessions: raw, cooked, warm, cold Cooking session 1x weekly - use core ingredients and add 3 additional ingredients to create a recipe. Microwave muffin: Flour, butter,milk - microwave 1 minute. Story - Taste n tell cards/powerpoint Learning - Week 1- Peas Week 2 - Carrots Week 3 - Rhubarb (not the leaf these are poisonous if consumed in high quantities) Week 4 - Cucumber Week 5 - Broccoli Week 6 - Peppers	P -Exploring food with senses O -showing the food R -symbols I -following symbols C -eating out of session	Core vocab - food , drink, in , hot Extension vocab - look, touch, smell, taste, bite, chew, swallow, like/dislike. Additional vocab - peas, carrots, mushrooms, cucumber, broccoli, pepper, cook, microwave, healthy
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Summer Term 2025 Seasonal Fruit and Vegetables

Food Tolerance/ Catering I can touch dry foods with my hands I can touch wet foods with my hands I can lick different foods I can smell different foods I can bite different foods I can taste and swallow different foods	UK Seasonal fruits and vegetables- Food tolerance sessions: Cooking session 1x weekly - smoothy Story - Taste n tell cards Learning - Week 1- Strawberries Week 2 - Apples Week 3 - Potato - mash Week 4 - Raspberry Week 5 - Beetroot Week 6- Sweetcorn	P -Exploring food with senses O -showing the food R -symbols I -following symbols C -eating out of session	Core vocab - food , drink, in , hot Extension vocab - look, touch, smell, taste, bite, chew, swallow, like/dislike. Additional vocab -
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2025 onwards (2 terms on Fruit / 2 terms on Vegetable / 1 term on grains / 1 term on Dairy considering seasonality are a priority)

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