























Catering Scheme A



1	<p>I can identify common vegetables</p>  <p>Peppers Clementines Lettuce Tomato Avocado peas radish strawberries grapes peaches lemons carrot</p>  <p>See touch hear smell taste</p> <p>Asda Order: A range of different coloured and sized sweet peppers: regular red peppers, long Romano peppers, baby peppers. Ideally have some orange and yellow peppers as well as red ones.</p> <p> Year 1 Lesson 1 SEE - Many Sizes, Shapes and Colours - Lesson Plan.pdf Year 1 Lesson 1 SEE - Peppers and sight - PowerPoint.pdf </p>
2	<p>I can touch dry foods with my hands . I can touch wet foods with my hands.</p> <p>Asda order: Clementines</p> <p> Copy of Year 1 Lesson 2 TOUCH - Citrus and touch - PowerPoint.pdf Year 1 Lesson 2 TOUCH - Exploring Citrus - Lesson Plan.pdf </p>
3	<p>I can identify common vegetables</p> <p>Asda order: Iceberg lettuce, Tomatoes, Avocado, Sugar snap peas, Radish</p> <p> Year 1 Lesson 3 HEAR - Crunchy Crunchier Crunchiest - PowerPoint.pdf </p>
4	<p>I can identify common fruits</p> <p>Asda order: Strawberries, Grapes, Peaches, Lemons</p> <p> Year 1 Lesson 4 SMELL - Fruit and Smell - Powerpoint.pdf </p>








	<p>📄 Year 1 Lesson 4 SMELL - My Favourite Fruit - Lesson Plan.pdf</p>
5	<p>I can taste a spoonful of a new food</p> <p>Asda order: Carrots (organic) 1/pupil + 1 Carrot puree jar/pouch (baby food)</p> <p>📄 Year 1 Lesson 5 TASTE - Carrots and Carrots - PowerPoint.pdf</p> <p>📄 Year 1 Lesson 5 TASTE - Carrots and Carrots - Lesson Plan.pdf</p>
6	<p>I can identify and prepare a range of fresh and dried fruits.</p> <p>Asda order: Grapes and Raisins, Fresh and dried apricots, Fresh and dried apple rings, greek/natural yoghurt.</p> <p>📄 Year 1 Lesson 6 ALL - Fresh and Dried - Lesson Plan.pdf</p> <p>📄 Year 1 lesson 6 ALL SENSES - Fresh and Dried - PowerPoint.pdf</p>
7	<p>Pips pick your own visits this week. Collecting minimum 4 strawberries/child and 1 stalk of rhubarb.</p> <p>📋 Pips pick your own checklist: each pupil will need one of these.</p> <p>I can identify and prepare a range of fruit, I understand the importance of a balanced breakfast:</p> <p>📋 Preparing Strawberries - I can identify and prepare a range of fruit</p>
8	<p>I can identify and prepare a range of fruit</p> <p>📋 Rhubarb pudding recipe</p>
9	<p>I can identify common vegetables</p> <p>I can use a peeler</p> <p>📋 Different greens 📄 Year 1 Lesson 7 SEE - Which is the Greenest_ - Lesson Plan - Co...</p> <p>Asda - Assorted green vegetables and cucumber</p> <p>📄 Year 1 Lesson 7 SEE - Which is the Greenest - PowerPoint.pdf</p>

	<p>Follow lesson plan then this visual:</p> <p> Cutting cucumber</p>
10	<p>The night before the lesson, wash them in the colander and freeze half of the washed grapes in a container in the freezer. Store the rest of the washed grapes in a food container in the fridge.</p> <p>I can use a knife to cut into random sizes</p> <p>Asda - Purple or black grapes</p> <p> Year 1 Lesson 8 TOUCH - Frozen Grapes - PowerPoint.pdf</p> <p> Year 1 Lesson 8 TOUCH - Frozen Grapes - Lesson Plan.pdf</p>  <p> Word bank for adjectives for week 2</p>
11	<p>I can identify common vegetables</p> <p> Year 1 Lesson 9 HEAR - Chop-Chop - PowerPoint .pdf</p> <p> Year 1 Lesson 9 - HEAR - Chop-Chop - Lesson Plan.pdf</p> <p>Asda - Assorted raw vegetables</p> <p> Noise word bank / vocab week 3</p> <p>3-4 salad vegetables, some soft or juicy, some crunchy e.g. one small radish, one cherry tomato, one sugarsnap pea per child.</p> <p>(other suggestions: peeled carrots cut into batons, cucumbers cut into sticks, button mushroom, baby corn, spinach leaves, herbs).</p>
12	<p>I can smell different types of familiar food</p> <p>Asda - Apple, peach, carrot, cinnamon, ginger</p>

	<p>Prepare carrot at the start:  I can prepare a carrot for eating</p> <p> Year 1 Lesson 10 SMELL - Where Does Flavour Happen - PowerPoint.pdf</p> <p> Year 1 Lesson 10 SMELL - Where Does Flavour Happen_ - Lesson Plan.pdf</p> <p> smell vocab week 4</p>
13	<p>I can taste a spoonful of a new food</p> <p>Asda - Pineapple (very sweet), blueberries (sweet), apple (medium sweet depending on the variety), lemon (sour).</p> <p> Year 1 Lesson 11 TASTE - How Sweet - PowerPoint.pdf</p> <p> Year 1 Lesson 11 TASTE - How Sweet is the Fruit_ - Lesson Plan.pdf</p> <p> Taste vocab week 5</p> <p> To learn to identify and prepare a range of fruit - Fruit Plate (or make the fruit plate with the fruit they liked at the start of the lesson)</p>
14	<p>I can follow a simple recipe with pictures</p> <p>Asda - Bread plus fillings such as tomatoes, cucumber, rocket, houmous, gherkins, olives, herbs, adaptable</p> <p> Year 1 Lesson 12 DESIGN - Design a Sandwich - Lesson Plan.pdf</p> <p> Year 1 Lesson 12 ALL SENSES - Design a Sandwich - PowerPoint.pdf</p> <p> Week 5 Tasted sandwich visual.docx</p> <p> All the senses week 5</p>
15	<p>I can identify common fruit</p> <p>I know where food comes from</p> <p>I can peel</p> <p>Asda - 4 types of apple, Cox, Pink lady, Granny smith, Braeburn</p>

	<p>Year 2 Lesson 1 SEE - Apples of Many Colours - Lesson Plan.pdf Year 2 Lesson 1 SEE - Apples of many Colours - Powerpoint.pdf</p> <p>After the PowerPoint and trying the prepared apple give pupils an opportunity to prepare their own favourite apple:</p> <p>Preparing an apple visual - I can peel</p> <p>There may be apple still on the trees in school - please check beforehand or at least school the pupils the apple trees.</p>
16	<p>I can identify less common vegetables and know where they come from. Week 10 folder link Asda: Savoy, Brassica, Red, Cabbage Extension: You could make this as a class if you have time https://docs.google.com/document/d/1ed6aKCCILOMHL46rQVe1R3zqtpfYUkFTsci2HIhvGNE/edit</p>
17	<p>I can identify common fruits and know where they come from. Asda: Oranges, Lemons, Limes , Clementines, Grapefruit Week 9 folder link</p> <p>Mocktail Creations: Using a juicer or squeezing the by hand try making different drinks with sparkling mineral water or tap water also adding different pieces of fruit. https://docs.google.com/document/d/12fwHEpr5d9r6VuB3xjYk52eAg54qGM8it8uZmhwFLCo/edit</p> <p>We are encouraging children to drink less (or no) sugary drinks therefore this is a healthier way to do this.</p>
18	<p>I can try a variety of unfamiliar foods Asda: Tomato, Sugarsnap peas, Radish, Mint, Basil Week 10 folder</p>

	Encourage pupils to try the different vegetables and herbs - explore the school garden and look at where these grow.
19	<p>I can use a knife to cut into random sizes - (Seesaw video of pupils cutting fruit with a safety knife initially HOH)</p> <p>Model Fruit Plate visual Pupils work with adult together to follow visual</p>
20	<p>I can use a knife to cut into random sizes - (Seesaw video of pupils cutting fruit with a safety knife, if safe less physical support than last week)</p> <p>Model: Strawberry Visual Model: Melon Visual 10 blueberries (pupils should wash these - model this)</p> <p>Add strawberries / melon / blueberries to a bowl and mix into a fruit salad.</p>
21	<p>I can use a peeler (seesaw pupils using a peeler, if support level changes during the lesson record both = video is better)</p> <p>Model 1st then pupil: Cucumber Visual Bring group back together Model 2nd then pupil : Carrot Visual</p>
22	<p>With an adult I can <u>turn on</u> a food processor/blender (Seesaw pupils with support using the blender - blade should be attached by adult and never left in reach of a pupil)</p> <p> Banana and Melon Smoothie</p>
23	<p>I can use a grater - (seesaw video of pupils grating)</p> <p> Grated Carrot and Cucumber Salad</p>
24	I can identify common vegetables

	<p>I can use a knife to cut into random sizes/ I can follow simple instructions</p> <p>Pepper visual /  Broad Beans - I can identify and prepare a range of vegetables /</p>  <p>Podding Peas</p>
25	<p>I can use a toaster (seesaw pupils putting bread in toaster and pushing down the lever of the toaster)</p> <p> Toast</p>
26	<p>I can turn on a microwave</p> <p> Copy of Cheese on Toast</p>
27	<p>I can use a toaster and microwave</p> <p> Beans or Spagetti on Toast (no butter)</p>
28 (4 weeks plus a pick your own trip)	<p>I can identify common fruits I can identify different fruit trees that we have in school I know that strawberries grow from a strawberry plant (nurture your own plants and harvest the strawberries) I can identify rhubarb and harvest from the ground (pips pick your own) I can identify common vegetables I can identify cress, plant the cress seed, care for it and harvest it. I can identify peas and know that these grow on a plant inside a pod # I can identify potatoes and know that these grow in the soil I can identify carrots and know that these grow in the soil, care for it and harvest it.  Scheme A - British summer fruits</p>
29,30 (1 or 2 lessons)	<p>I can identify common meats in cooked form Ham - from a pig Chicken slices - from a chicken Jerky (beef) - from a cow Hot dog - from a pig  Scheme A common proteins - meats</p>
31,32,33,34,35. (5 week)	<p>Food Identification / Food Preparation / Food Tolerance and Safety and Hygiene (TasteEd Yr 3). I can taste different foods and tell you my opinion I can smell different food and tell you my opinion I always remember to wash my hands before preparing food</p>

	<p>I can wipe a surface so it is clean</p> <p>I can name different fruits</p> <p>I know where different fruits come from</p> <p>I can name different vegetables</p> <p>I know where different vegetables come from</p> <p>I can use a peeler</p> <p>I can use a grater</p> <p>I can use a knife to cut into random sizes</p> <p>📦 Scheme A - Fruit and Vegetables & Senses</p>
36,37,38 ,39,40, 41. (6 Weeks)	<p><u>Measuring for cooking / Identifying carbohydrates (1,2)</u></p> <p>I can taste different foods and tell you my opinion</p> <p>I can smell different food and tell you my opinion</p> <p>I always remember to wash my hands before preparing food</p> <p>I can wipe a surface so it is clean</p> <p>I can name different carbohydrates</p> <p>I know where different carbohydrates come from/grow</p> <p>Explore using measuring cups and spoons</p> <p>I can mix to combine ingredients</p> <p>I can mash foods</p> <p>I can knead dough</p> <p>📦 Scheme A - Carbohydrates</p>
42	<p>Meal week 1 - 📦 Beans or Spagetti on Toast (no butter)&</p> <p>📦 Grated Carrot and Cucumber Salad& 📦 Banana and Melon Smoothie</p>
43	<p>Meal week 2 - 📦 Cheese on Toast & 📦 I can prepare a carrot for eating</p> <p>📦 Cutting cucumber & Fruit either</p> <p>📦 Fruit Plate - To learn to identify and prepare a range of fruit - Apple / Grapes / S</p>
<p>Move onto scheme B when this scheme is complete and achieved by pupils.</p>	