

## **Jellyfish and Seahorse Class - Early Years**

### **Rainbow Pizzas and Flapjacks**

Our Mini Chefs in Seahorses and Jellyfish Classes explored textures and the different colours of food by making Rainbow Pizzas, our chefs were so much fun and we had a really good time getting them to roll out and shape their pizza bases! They worked hard on creating rainbow patterns on their pizzas.

We hope they enjoyed eating their pizzas with their families. In fact, some of the older siblings reported back to us at how delicious the pizzas were!

When making flapjacks we had our mini chefs taking turns of mixing and transporting ingredients from one container to another. Concentrating on our language and talking about what kinds of ingredients we used to make our delicious crispy flapjacks. Our little chefs worked hard on their motor skills choosing the correct tools for each of the jobs, mixing and levelling off the mixture in the trays.

## **Fox and Squirrel Class - Year 1**

Within early stages of starting to cook we can start to learn and understand where food comes from. With the Foxes and Squirrels we enjoyed talking about where different vegetables grow. We asked our budding chefs if they thought the vegetables grew under the soil or on top? In a plant or on a tree? We had some interesting answers! We also discussed the seasons with the children and familiarised ourselves with how an apple tree changes throughout the four seasons of Winter, Spring, Summer and Autumn. We talked about how important bees are in food production during pollination and how trees change the way they look throughout the year. Our young chefs prepared a crumble topping combining ingredients together by tipping, rubbing and mixing in sealed bags to avoid sticky fingers but strengthening those hand muscles and motor skills for developing handwriting: making an Apple and Berry Crumble. Our little chefs were delighted to take home their oven ready mini Apple and Berry Crumbles to share with their families in decorated bags complete with oven instructions.

Year 1 chefs demonstrated early knife skills of positioning the knife, of bridge and claw cutting seasonal vegetables such as cabbage, carrots, leeks, parsnips and potatoes safely making a delicious winter stew. Everyone enjoyed eating the hearty stew in class with crusty bread.

## **Robin and Goldfinch Class - Year 2**

We started by grouping foods into the five groups in The Eatwell Guide. We were really impressed with their knowledge of the Eatwell Guide. We had a great discussion on each of the food groups and the role these groups play within our bodies. How the effects of healthy eating benefit us as we grow into adulthood. Robin and Goldfinch chefs prepared some fantastic Vegetable Savoury Tarts using vegetable peelers to prepare and make ribbons and roses to decorate their baked tarts. They had also previously designed a Rainbow Salad so we demonstrated techniques of grating, peeling and cutting assorted vegetables safely for the chefs to then produce some healthy and nutritious pasta salads. During the sessions we talked about identifying and catering for different dietary requirements and choices such as vegetarians, vegans, gluten free diets and what these mean in food terms.

## **Huskies and Penguin Class - Year 3**

Huskies and Penguins embraced a variety of fresh fruit preparation, including kiwis, pineapple, oranges, grapes and strawberries to thread onto wooden skewers for Fruit Kebabs. We and the teachers were proud to see Year 3 chefs taking a positive approach to trying new foods and enjoying some juicy goodness with this colourful and fun way of presenting fruits on a wooden skewer.

Rainbow Vegetable Stir Fry led to a small adventure to celebrate the Chinese New Year with our oriental chefs. We identified how to prepare a variety of new vegetables and ingredients such as Choi Sum, Pak Choi, Fresh Root Ginger, Bean Sprouts and Garlic. Selecting the right tools such as vegetable knives, peelers and garlic presses to cook up a Rainbow Stir Fry in large pans for the Huskies and Penguins to enjoy in class with chopsticks.

### **Iguana, Toucan and Jaguar Class - Year 4**

To link with their Raiders and Traders Viking Topic we explored bread making and design with Year 4. We continued with the importance of hygiene during our food preparation, the Year 4 Bakers wore hair nets and aprons during the weighing, making and shaping of their bread dough process using jugs and scales effectively, experiencing the ultimate baking experience. Nothing short of impressive bread shapes were produced in all three sessions selecting star bakers in all sessions for their gusto and ingenuity. Chef Sue is looking forward to returning for the judging of the Great Bread Bake Off once a mutual date is organised.

Nothing requires better hygiene and use of the appropriate utensils than the preparation of raw meat. Year 4 chefs demonstrated skills effectively by independently following a simple recipe, combining ingredients of fresh meat, herbs, mustard and seasonings to make Pork Sliders and Vegetarian Burgers for their Bright Lights Big City Topic. Learning new terms of cross-contamination and how we can safely prepare raw food for cooking and eating. Iguanas, Toucans and Jaguars made some tasty burgers filling the corridors with delicious aromas just like a food festival.

### **Turtle and Stingray Class - Year 5**

Travelling back in time to the Tudor era we explored the ingredients of one of the oldest recipes of Pottage with Year 5 assembling and cooking ingredients of turnips, swede, parsnips, barley, purple and yellow carrots by controlling the temperature of the hob with Chef Sue. Surprisingly all our Year 5 Tudor Chefs enjoyed the Pottage with some fresh rustic bread and will evaluate it to make a more modern-day soup further into the term. Understanding the seasonality of Tudor times and knowing how a variety of ingredients were grown, reared, caught and processed helps us to understand how the people of this era lived and sourced their food. How they would store food for the winter by pickling, making preserves and living from the land. We learned that perhaps during this change of climate, maybe traditional methods of eating seasonally could be more beneficial to our planet.

We are unsure of how many of the Lemon Parfaits made it home with the Year 5's as they were totally appealing to the taste buds of Turtles and Stingrays with their sharp lemon and honeyed raspberry sweetness. Year 5 chefs spooned and layered Lemon Curd, Raspberry Compote, Greek Yoghurt and Honey for this French dessert.

### **Elephant and Panther Class - Year 6**

Elephants and Panthers were not totally convinced at first of our Cheese and Herb Savoury Scone recipe but did come around to the idea once they had made some great bakes! Demonstrating skills such as accurately measuring ingredients, the 'rubbing in' method and combining ingredients. Our chefs also learned how to cut a scone correctly with the cutter without wasting any ingredients. These scones had everybody wishing they were in Year 6 during this session. Well done Year 6 Bakers! You are so ready to blow the socks off your food teachers in Secondary School.

Feta Cheese Greek Salad led us to investigate the Ancient Greeks and their forward thinking of a healthy diet and their Mediterranean lifestyle. We gained a greater knowledge of where and how a variety of ingredients are grown, reared, caught and processed on a wider geographical scale.