

School Vision	School Aims	Rights Respecting School	
<p>We all work together to achieve the best we can</p> <p>We learn in fun and challenging ways</p> <p>We have a happy, safe and exciting school to make us proud</p> <p>We value and care for everyone and everything</p>	<p>Children are successful at Tillingbourne School because they are:</p> <p>Happy Aspirational</p> <p>Curious Resilient</p> <p>Confident Responsible</p>	<p><u>Our 3 Focus Rights</u></p> <p>The right to learn</p> <p>The right to be heard</p> <p>The right to be me</p>	<p><u>Our school responsibilities</u></p> <p>Always do our best</p> <p>Respect the rights of others</p> <p>Look after our learning environment and the world around us</p>

		Knowledge of a healthy diet	Cooking techniques	Knowledge of ingredients
Year 6	India	<ul style="list-style-type: none"> Handling meat Safety & hygiene of meat handling Benefits of spices (-2019) 	<p style="color: red;">Vegetable parcels/Korma curry/Choice</p> <ul style="list-style-type: none"> Hob – frying, simmering Meat – cross contamination issues Manipulating & constructing - tricky 	<ul style="list-style-type: none"> Indian regional foods Rearing of chicken / meat
	Judaism	<ul style="list-style-type: none"> Pizza design – food groups 	<p style="color: red;">Breadsticks/Flatbread pizza/Rugelach</p> <ul style="list-style-type: none"> Manipulating & constructing – tricky Bread making Kneading Multiple steps 	<ul style="list-style-type: none"> Types of flour Flour production – field to fork Role of yeast – effect on gluten Yeast investigation Different bread products Revisit Potatoes chitting
	WW2 Fair Trade	<ul style="list-style-type: none"> Rationing Hedgerow Harvest, Dig for Britain – importance for diet 	<p style="color: red;">Eggless cakes/Savoury biscuits/Banana & date muffins/Banana Splits</p> <ul style="list-style-type: none"> Adapting and making 2 WW2 cakes from 1 mixture, adapting basic biscuit recipe 	<ul style="list-style-type: none"> Dig for Victory/Hedgerow harvest Growing fresh produce in all seasons investigation Fair trade food products
Year 5	Ancient Greece	<ul style="list-style-type: none"> Benefits of Basil, figs, olives Benefits of fish (2019/20 -) Olive oil 	<p style="color: red;">Blackberry cookies/Cheese scones/Tiropita</p> <ul style="list-style-type: none"> More steps in recipes Creaming consolidated 	<ul style="list-style-type: none"> Basil, figs, olives, feta How fish is caught/processed (2019/20 -) How feta is made Olive oil production
	Victorians	<ul style="list-style-type: none"> Balance savoury/sweet in “Afternoon Tea” Fresh from garden 	<p style="color: red;">Victorian sandwich/Cheese pasties/Choco checks</p> <ul style="list-style-type: none"> Creaming Manipulating & constructing More complex recipe 	<ul style="list-style-type: none"> Gardening project – veg, fruit, seasonality Gardening friends & foes Revisit Potatoes chitting Tea production Origin of shortbread Shortbread explanation (short/long)
	Buddhism	<ul style="list-style-type: none"> Revise Eatwell plate Diets – health, religious, lifestyle choice Pros & cons of vegan or vegetarian diets Adapt recipe using Asian ingredients – balance Non meat proteins 	<p style="color: red;">Spring rolls/Tofu Stir fry/Sunshine Quiche/Asian snacks</p> <ul style="list-style-type: none"> Manipulating & constructing Adapting recipe to include personal choice of ingredients Hob – Stir fry Cutting (bridge & claw) – wide variety veg 	<ul style="list-style-type: none"> Harvesting blackberries (for use later) Storage of food (for using blackberries later) How to make tofu Adapt recipes to give Asian twist Similarities/differences in countries’ food
NO physical demonstrations in year 5 & 6				
Year 4	Islam	<ul style="list-style-type: none"> Benefits and uses of herbs & spices Benefits / importance of pulses Importance and sources of protein 	<p style="color: red;">Falafel/ Cheese Sambousek</p> <ul style="list-style-type: none"> Cutting (bridge & claw) – trickier veg – red onion Mashing – chickpeas Herbs – chopping Moulding puff pastry to create triangular puff 	<ul style="list-style-type: none"> Islamic foods – halal and haram Growing herbs Designing herb garden Plant onion sets
	Tudors	<ul style="list-style-type: none"> Importance of fibre Experience range of different dried and fresh fruits 	<p style="color: red;">New World tart/ Fruity flapjacks</p> <ul style="list-style-type: none"> Weighing – more per recipe with support Ready-made puff pastry Slicing, dicing – tomatoes, variety of veg Hob – heating butter & sugar – close adult supervision Simple adaptation of recipe/choice of ingredients 	<ul style="list-style-type: none"> Origin of different exotic fruits Revisit Potatoes chitting Fibre content of dried and fresh fruit
	South America	<ul style="list-style-type: none"> Comparison of UK / Mexico food pyramid Design own food pyramid/ Eatwell plate using variety 	<p style="color: red;">Salsa & Guacamole/ Quesadilla</p> <ul style="list-style-type: none"> Cutting (bridge & claw) – trickier veg – avocado Mashing – black beans, avocados Grating - cheese 	<ul style="list-style-type: none"> Effect of climate on crops grown How avocado grown and made into guacamole Different uses of tortilla
Year 3	Healthy eating & the environment	<ul style="list-style-type: none"> Importance of fresh fruit and veg Cost comparison at supermarkets (- 2019/20) 	<p style="color: red;">Carrot salad/ Fruit surprises</p> <ul style="list-style-type: none"> Zesting (summer term) Herbs – tearing Moulding pastry 	<ul style="list-style-type: none"> Vegetable season wheel Organic farming vs intensive farming Gardening Roots, stems, tubers, leaves, flowers, bulbs, fruits, seeds (2019/20 -)
	Romans	<ul style="list-style-type: none"> Pasta & couscous as carbohydrate source Eatwell plate, food pyramid 	<p style="color: red;">Stuffed dormice</p> <ul style="list-style-type: none"> Ready-made short crust pastry Simple moulding Simple decoration to personalise 	<ul style="list-style-type: none"> Potatoes chitting Plant potatoes, broad beans
	Volcanoes/ Rocks	<ul style="list-style-type: none"> Importance of salt Impacts of too much salt Need for calcium in the diet 	<p style="color: red;">Cheese & chive rock monster</p> <ul style="list-style-type: none"> Weighing – 1 per recipe, on divisions with support Mixing Grating – cheese Cracking egg Rubbing in Cutting (bridge & claw) soft veg, cheese 	<ul style="list-style-type: none"> Origin of salt – rocks Foods with high/low salt Foods with high calcium Plant onion sets

	Egyptians	<ul style="list-style-type: none"> • Vegetables • Eatwell plate, food pyramid? 	Cous cous <ul style="list-style-type: none"> • Cutting (bridge & claw) soft veg • Weighing – 1 per recipe, not on divisions with support • 	<ul style="list-style-type: none"> • How couscous is produced • How pasta is produced – different types
	Stone Age	<ul style="list-style-type: none"> • Hygiene in the kitchen • Equipment names and function • Safety in the kitchen 	Honey cakes <ul style="list-style-type: none"> • Weighing – 1 per recipe, on divisions with support • Mixing • Cracking egg 	<ul style="list-style-type: none"> • Hygiene in the kitchen • Equipment names and function • Safety in the kitchen • Intro to school kitchen garden