



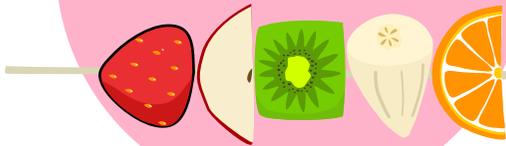
EYFS Cooking and Nutrition Curriculum

This is a first look at our new EYFS cooking and nutrition curriculum. Inside, you will find the 6 sessions, the story books we're linking these too, the cooking skills covered and the Early Learning goals that are naturally targeted within the sessions.

The curriculum is designed to be used as 3 lessons or 6 lessons dependent on how much you want to cook through the year.

EYFS Cooking and Nutrition Curriculum

The Very Hungry Caterpillar's
Fruit Kebabs



Goldilocks'
Perfect Porridge



The
Gingerbread Man
Man



Sandwiches
for

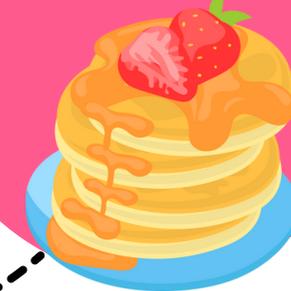
The Tiger who came to Tea



Dragons Love
Tacos



Mr Wolf's
Pancakes



EYFS Cooking and Nutrition Curriculum



Sessions 1-3 cover the following:

The Very Hungry Caterpillar's
Fruit Kebabs

The Very Hungry Caterpillar **Fruit Kebab** **Fruits**

Links to Early Learning Goals:

- Participate in small group, class and one-to-one discussions...
- Negotiate space and obstacles safely with consideration for themselves and others.
- Safely use and explore a variety of materials, tools and techniques...

Cooking Skills: Bridge and claw cutting - Threading a skewer - Arranging and designing

Goldilocks' **Perfect Porridge**

Goldilocks and the 3 bears **Porridge** **Healthy Breakfasts**

Links to Early Learning Goals:

- Demonstrate understanding of what has been read to them by retelling stories and narratives....
- Manage their own basic hygiene and understanding the importance of healthy food choices.
- Verbally count beyond 20, recognising the pattern of the counting system.

Cooking Skills: Bridge and claw cutting - Measuring (with counting) - Mixing and decorating

The **Gingerbread Man**

The Gingerbread Man **Gingerbread** **Keeping Active**

Links to Early Learning Goals:

- Verbally count beyond 20, recognising the pattern of the counting system.
- Make comments about what they have heard and ask questions to clarify their understanding.
- Safely use and explore a variety of materials, tools and techniques...

Cooking Skills: Measuring (with counting) - Baking Skills - Designing and Decorating

Key:



Storybook focus



Recipe



Nutritional Learning

EYFS Cooking and Nutrition Curriculum

Sessions 4-6 cover the following:

Sandwiches
for
The Tiger who came to Tea



The Tiger who came to Tea



Sandwiches



Healthy Meal Choices

Links to Early Learning Goals:

- Manage their own basic hygiene and understanding the importance of healthy food choices.
- Use a range of small tools, including scissors, paint brushes and cutlery.
- Describe their immediate environment, using knowledge from observation, discussion, stories...

Cooking Skills: Bridge and claw cutting - Spreading - Arranging and designing

Dragons Love
Tacos



Dragons Love Tacos



Tacos



Vegetables

Links to Early Learning Goals:

- Share their creations, explaining the process they have used.
- Give focused attention to what the teachers says, responding appropriately...
- Negotiate space and obstacles safely with consideration for themselves and others.

Cooking Skills: Bridge and claw cutting - Snipping Herbs - Scooping and Serving

Mr Wolf's
Pancakes



Mr Wolf's Pancakes



Pancakes



Sweet Things

Links to Early Learning Goals:

- Work and play cooperatively and take turns with others.
- Verbally count beyond 20, recognising the pattern of the counting system.
- Manage their own basic hygiene and understanding the importance of healthy food choices.

Cooking Skills: Bridge and claw cutting - Measuring (with counting) - Whisking and Mixing

Key:



Storybook focus



Recipe



Nutritional Learning