6 WEEKS ONLINE COOKERY COURSE UPPER KEY STAGE 2

SCHOOL - HOME LEARNING 2021

Welcome! To online learning! On this course we'll be exploring the world of food and all its' glory through learning new skills to create different dishes and completing little tasks along the way. You will use your new found knowledge and skills to create delicious weekly recipes and perhaps use this time to enjoy learning and mastering skills which will stay with you for a lifetime. Each week, there will be a different recipe that will tick off a variety of skills so you can build a portfolio of recipes and a repertoire of talent. The format will be as follows:

Week 1 – Knife Skills and Heat Week – PASTA PASTA FAMILY MEAL

Week 2 – Cold Dessert – STRAWBERRY OR PEACH TIRAMISU

Week 3 – Heritage Baking – DROP DOWN BLUEBERRY COOKIES

Week 4 – Larder Skills – TEX MEX SALAD

Week 5 – Street Food Week – SPRING ROLLS DIP

Week 6 – Cake Week – LEMON LAYER CAKE OR COURGETTE CHOCOLATE CAKE

You will get a Task Sheet complete with additional visual guides, photos, lists and some extra links for videos to help complete tasks etc.

FOOD SAFETY

Please make sure before, during and after all food preparation you wash your hands with foaming soap and hot water to ensure high standards of hygiene throughout.

During this time we would also like you to bear in mind that we do not want to encourage you to go out specifically for ingredients so if you can add it onto a delivery and you have to wait to the following week that is ok. This is a go at your own pace course.

Essential Equipment! –

Apron
Access to hot water
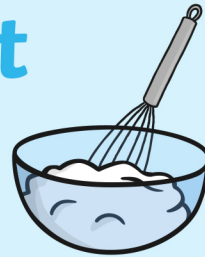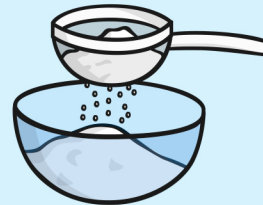**A pair of hands for washing up and cleaning down!**
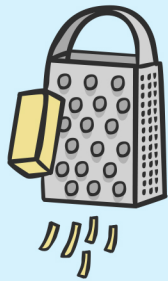
Cooking word mat

oven

cooker

chop

cook

grate

blend

whisk
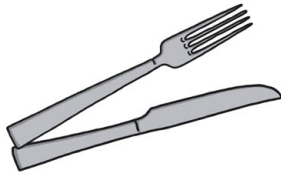
sift

crumble

heat
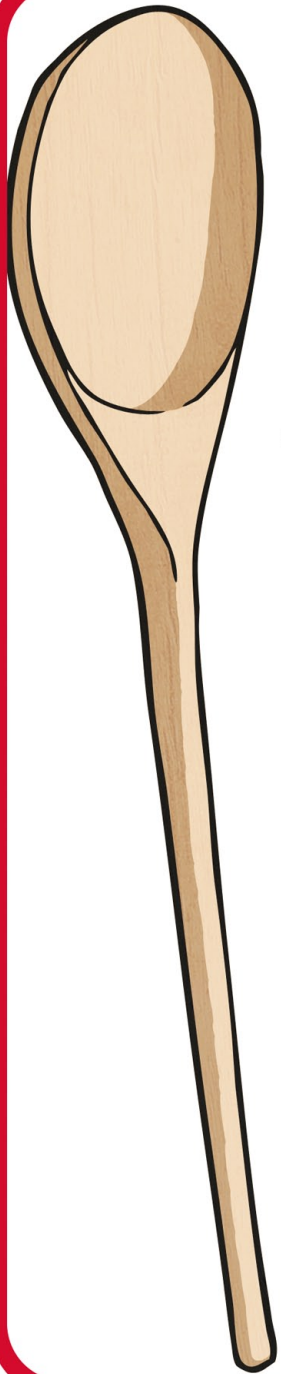
microwave

cut

weigh

slice
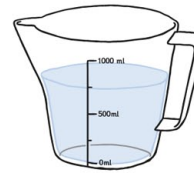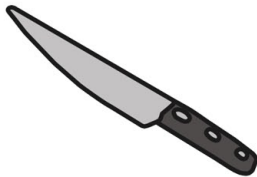
spoon

mix

sprinkle

knead

melt

stir
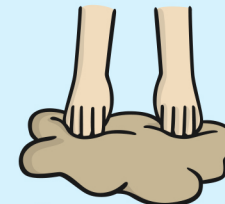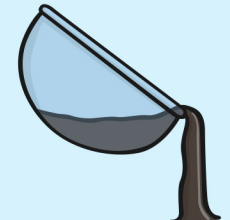
pour
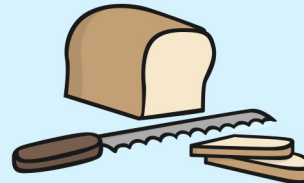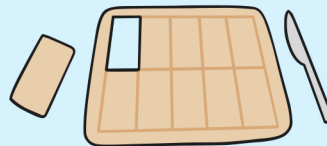
hob

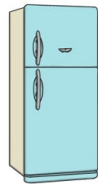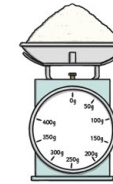# Cooking Utensils

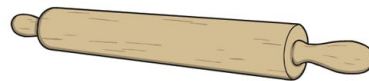cutlery

whisk

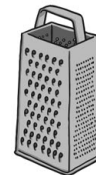measuring jug

pan

knife

fridge/freezer

bowl

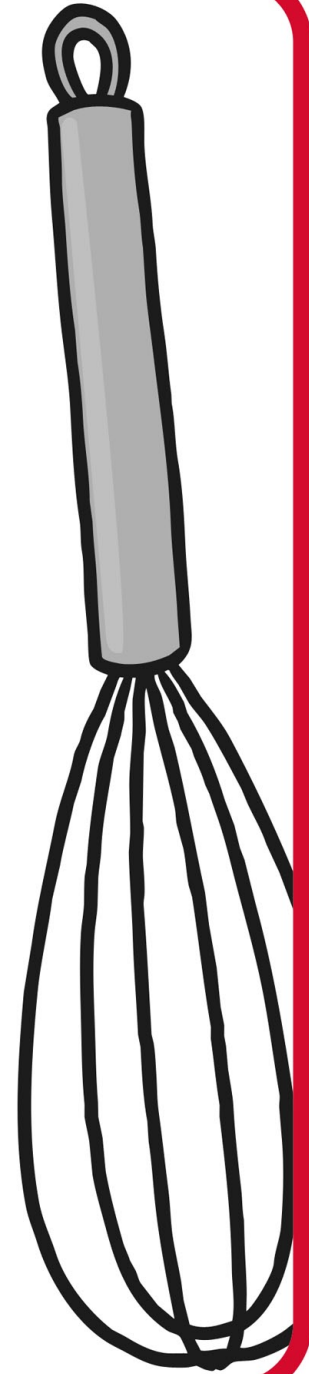weighing scales

sieve

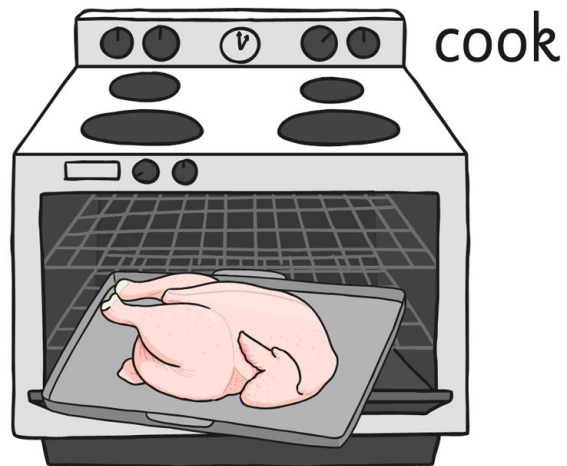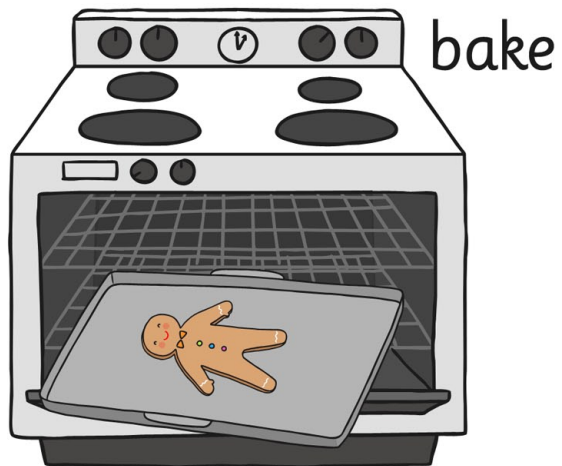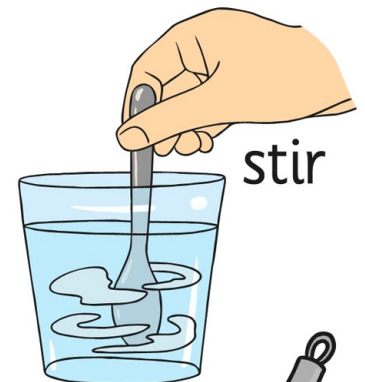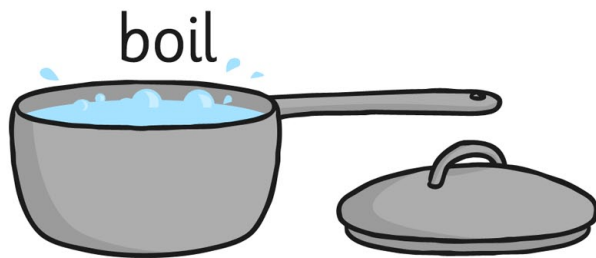rolling pin

grater

microwave

oven

baking tray

wooden spoon

chopping board

Cooking Verbs

cut

grate

peel

chop

boil

fry
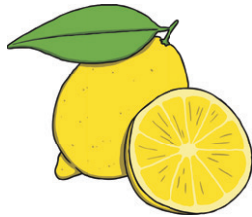
slice

stir

bake

cook

pour
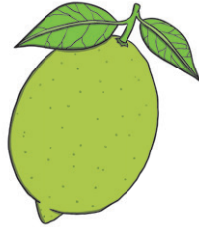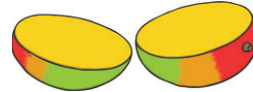
whisk
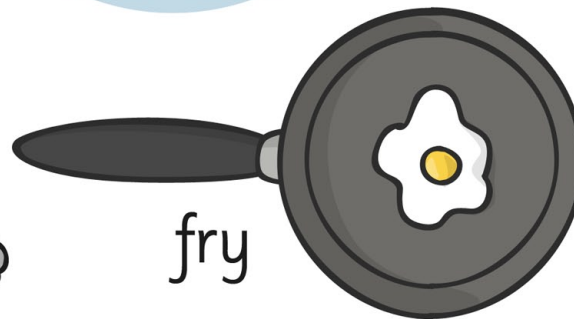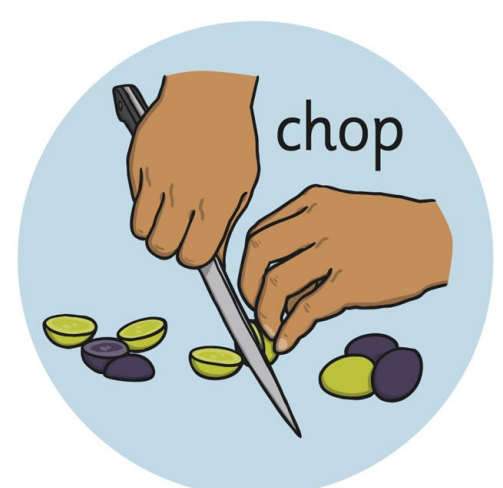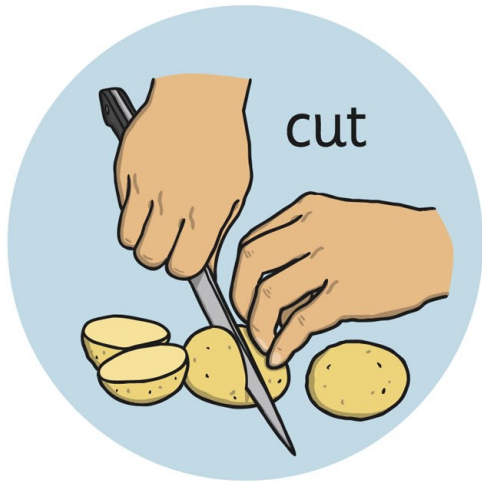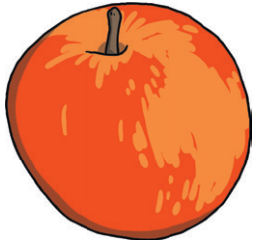
Fruit Word Mat
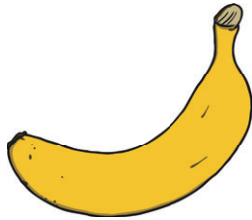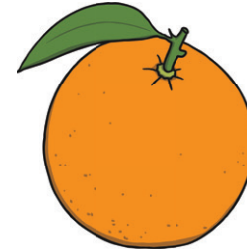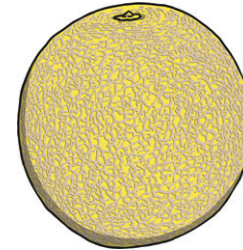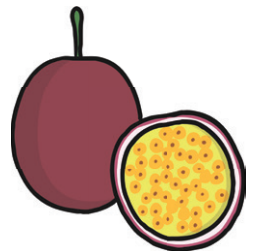
apple

banana

blackberry
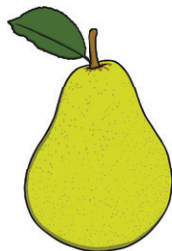
cherry
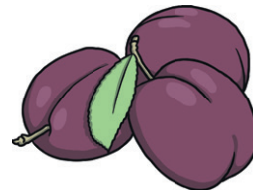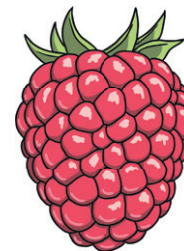
peach

guava
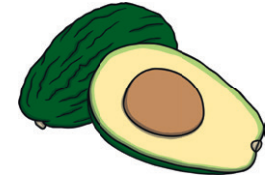
avocado

grapes

lemon

lime

mango

orange
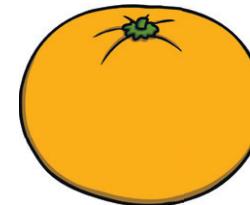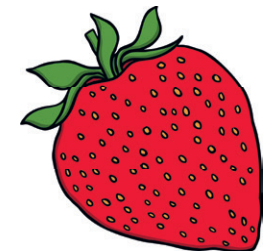
melon

papaya

passion fruit
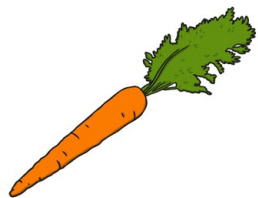
pear

pineapple

plum

raspberry
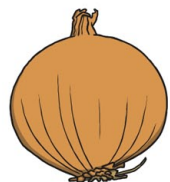
satsuma

strawberry

Vegetable Word Mat

carrot

onion

cauliflower

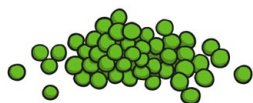lettuce

potato

celery

turnip
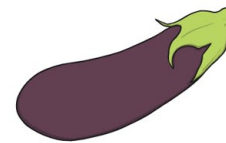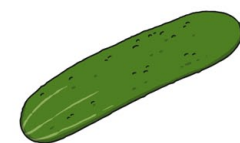
leek

marrow

sprout

peas

runner beans

sweetcorn

cabbage

spinach

sweet potato

broccoli

pepper

aubergine

cucumber