

6.3 E Curriculum – Food – 3 Lessons a week

2025 - 2026

Year	2025-2026 Autumn 1 Unit 1	2025-2026 Autumn 2 Unit 2	2025-2026 Spring 1 Unit 3	2025-2026 Spring 2 Unit 4	2025-2026 Summer 1 Unit 5	2025-2026 Summer 2 Unit 6
6.3 E	<p>Topic: Kitchen hygiene EL2/ EL3/ AIM SLAW</p> <p>Core Learning Outcomes:</p> <p>Understand the importance of being clean in the kitchen</p> <p>Learn how to avoid germs and food poisoning</p> <p>Build habits that keep themselves and others safe</p> <p>Using kitchen equipment L1 (to be used from E&D skills)</p> <p>Learn to identify and name kitchen tools</p> <p>Understand how to use them safely and appropriately</p> <p>Develop independence and fine motor skills</p> <p>Key Skills and knowledge:</p>	<p>Topic: Kitchen hygiene EL2/ EL3/ AIM SLAW</p> <p>Using kitchen equipment L1 (to be used from E&D skills)</p> <p>Suggested Key Questions: Do you know that: Equipment has different purposes (e.g. knife = cutting, grater = shredding) Some equipment can be hot/sharp/dangerous Always ask for help before using new tools Check before touching: Use visuals for “Hot/Cold,” “Sharp,” “Safe”</p> <p>Key skills and knowledge</p> <p>Students should know:</p>	<p>Topic: Kitchen hygiene EL2/ EL3/ AIM SLAW</p> <p>Using kitchen equipment L1 (to be used from E&D skills)</p> <p>Suggested Key Questions: Using different equipment for different purposes. Cleaning the kitchen after meal preparation. Getting involved in tasks in the kitchen, preparing and presenting food hygienically and safely.</p> <p>Key Skills and knowledge:</p> <p>What Children Should Be Able to Do:</p> <p>Wash hands with soap and water</p>	<p>Topic: Kitchen hygiene EL2/ EL3/ AIM SLAW</p> <p>Using kitchen equipment L1 (to be used from E&D skills)</p> <p>Suggested Key Questions: Using different equipment for different purposes. Cleaning the kitchen after meal preparation. Getting involved in tasks in the kitchen, preparing and presenting food hygienically and safely.</p> <p>Key skills and knowledge</p> <p>What students should be able to do:</p> <p>Keep raw and cooked food apart</p>	<p>Topic: Food safety and storage Bacteria and cross contamination.</p> <p>Suggested Key Questions: What are germs? What is cross contamination? Investigating different illnesses and food poisoning caused by bacteria and viruses. Storing food safely to avoid cross contamination.</p> <p>Key skills and knowledge</p> <p>Students should know:</p> <p>Bacteria are tiny germs that we can’t see, but they can make us sick Bacteria can spread from one place to another – like from raw meat to vegetables</p>	<p>Topic: Food safety and storage Bacteria and cross contamination.</p> <p>Suggested Key Questions: Investigating different illnesses and food poisoning caused by bacteria and viruses. Storing food safely to avoid cross contamination.</p> <p>Key skills and knowledge</p> <p>Cross-contamination means germs from dirty food or surfaces getting onto clean food Bacteria grow quickly in warm, wet, and dirty places Raw meat, eggs, and dirty hands carry more harmful bacteria</p>

	<p>Hands must be washed before and after handling food</p> <p>Germ on dirty hands and surfaces can make people sick</p> <p>Always wash hands after sneezing, coughing, or going to the toilet</p> <p>Wear a clean apron or clothes before cooking</p> <p>Long hair should be tied back to stop hair falling into food</p> <p>Worktops and tables should be wiped before and after cooking</p> <p>Use different chopping boards for raw meat and vegetables</p>	<p>Raw meat, eggs, and unwashed vegetables can carry germs</p> <p>Always wash fruit and vegetables before eating or cooking them</p> <p>Food should be stored in the fridge or cupboard in the right place</p> <p>Check the use-by date before using food</p> <p>Never taste or eat food that looks or smells bad</p> <p>Don't touch your face or lick fingers while preparing food</p> <p>Clean all equipment after use with warm, soapy water</p> <p>Spills should be cleaned up straight away to avoid slipping</p>	<p>before and after touching food</p> <p>Use different chopping boards for raw meat and ready-to-eat foods (e.g., red = meat, green = veg)</p> <p>Wipe and clean surfaces before preparing food</p> <p>Keep raw and cooked food apart in the fridge and on the counter</p> <p>Cover food to protect it from germs</p> <p>Use clean cloths, tools and utensils for each food task</p> <p>Put raw meat on the bottom shelf of the fridge so it doesn't drip</p> <p>Check food labels for use-by dates to avoid eating spoiled food</p> <p>Don't reuse tools or plates that touched raw meat unless they are washed</p>	<p>in the fridge and on the counter</p> <p>Cover food to protect it from germs</p> <p>Use clean cloths, tools and utensils for each food task</p> <p>Put raw meat on the bottom shelf of the fridge so it doesn't drip</p> <p>Check food labels for use-by dates to avoid eating spoiled food</p> <p>Don't reuse tools or plates that touched raw meat unless they are washed</p>	<p>Cross-contamination means germs from dirty food or surfaces getting onto clean food</p> <p>Bacteria grow quickly in warm, wet, and dirty places</p> <p>Raw meat, eggs, and dirty hands carry more harmful bacteria</p> <p>You can't always see or smell bacteria, so food may look safe but still be dangerous</p> <p>Cooking food kills most harmful bacteria</p> <p>Washing hands and cleaning surfaces helps stop bacteria from spreading</p>	<p>You can't always see or smell bacteria, so food may look safe but still be dangerous</p> <p>Cooking food kills most harmful bacteria</p> <p>Washing hands and cleaning surfaces helps stop bacteria from spreading</p>
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