



Healthy Cooking Curriculum Map based on the Islington Healthy Schools Programme

Year group	Autumn	Spring	Summer
Nursery	Salt dough	Sardine dip	Sandwich wrap
Reception	Baked potato	Fruit salad	Bruschetta with tomato and basil topping
Year 1	Sweet muffins	Cinnamon toast crunch	Apple salad
Year 2	Rock buns	Tzatziki	Mash potato
Year 3	Apple crumble	Yoghurt and banana biscuits	Lentil soup
Year 4	Quick Bread	Scrambled eggs	Fish cakes
Year 5	Pizza	Tomato and carrot soup	Mayan (instead of Caribbean) fruit salad
Year 6	Gruel	Bean burgers	Apple sponge pudding and cheese straws