



Forest School/Food plan – Autumn 1 – September 2022

Task 1	Task 2	Task 3	Task 4	Task 5	Task 6
<u>Theme</u> Shelters	<u>Theme</u> Fire	<u>Theme</u> Messy	<u>Bread making</u>	<u>Pasta bake</u>	<u>Vegetable soup</u>
<u>Questions - Blanks</u> What is a shelter? Describe a shelter. Where would you build a shelter? How would you build a shelter? Why do we need shelter? Looking at the weather and the effect of the weather. Items needed to keep dry/ safe/ warm. Develop a conceptual understanding of abstract concepts.	<u>Questions - Blanks</u> What is fire? Describe fire. Where would we need to build a fire? How can we build a fire? Why do we need fire? The danger of fire. Fire safety.	<u>Questions - Blanks</u> What are these items? Describe them. How do items feel? What feels soft? What feels hard? etc Develop a language of description / sensory input. Respond to sensory stimuli.	<u>Skills learnt/keywords</u> weighing Rubbing in Kneading Proving  Following a recipe (sequencing skills)  Food groups	<u>Skills learnt/keywords</u> Whisking Baking Roux  Following a recipe (sequencing skills)  Food groups	<u>Skills learnt/keywords</u> Chopping Peeling boiling  Following a recipe (sequencing skills)  Food groups
<u>Learning</u> Teamwork Listening skills About the Weather Feelings	<u>Learning</u> Teamwork Safely near fire Why we follow rules?	<u>Learning</u> Our senses/feelings Textures in our environment.	<u>Learning</u> How to weigh ingredients How to make bread My Yeast is living	<u>Learning</u> Carbs and protein Oven safety Basic sauces	<u>Learning</u> Knife safety Composting Different veg
<u>Resources</u> Trees, plastic, leaves, newspaper	<u>Recourses</u> Kettle pots Wood newspaper	<u>Recourses</u> Mud, water, shaving foam,	<u>Recourses</u> Ingredients Letters Hand outs	<u>Recourses</u> Ingredients Letters Handouts	<u>Recourses</u> Ingredients Letters Handouts
<u>Activity 1</u> Create a shelter for small animal	<u>Activity 1</u> Make a fire, boil water	<u>Activity 1</u> Making mud, clay shapes / take surface rubbings	Making bread	Making pasta bake	Making vegetable soup
<u>Activity 2</u> Create a shelter for a person	<u>Activity 2</u> Make hot chocolate	<u>Activity 2</u> Walking over/in different textures: what can we see, hear, smell, feel, taste?	Researching bread from around the world	Researching how to make pasta	Talking about food miles
<u>Warm-up</u> Team game	<u>Warm up</u> Races on field	<u>Warm up</u> Find an item game	Tasting bread from around the world	Researching different types of pasta	Benefits of eating locally grown vegetables
<u>O+U Targets</u> I can build a shelter for a toy animal  I can explain why a shelter is important I can explain the benefits of a shelter	<u>O+U Targets</u> I can list safety rules related to fire I can list three parts of the fire triangle I can make a simple fire	<u>O+U Targets</u> I can get messy I can explore nature I can jump in a puddle	<u>O+U Targets</u> I can knead the dough I can use the oven safely I can wash up	<u>O+U Targets</u> I can make a roux sauce I can put equipment away I can weigh out ingredients	<u>O+U Targets</u> I can pick vegetables to use in my soup I can use a knife safely I can use a stove safely