

Dear Parents/Carers,

We've had another amazing year of cooking at Parkside. The children continue to develop important skills such as chopping, measuring, weighing, dicing, grating and blending. We've also introduced after-school Cooking Clubs this year to some year groups, which have proved to be very popular!

Mrs Begum—Cooking Co-ordinator

Year 1 were very enthusiastic about starting their cooking journey at Parkside. We started by practising cutting ingredients in half using a bridge hold and slicing ingredients using a claw hold. The children made fabulous fruit cones and delicious pizza pockets. Finally, to welcome the Summer, Year 1 have started making Frozen Fruit Pops. Yum!



Year 1



Why can't we
have nachos for
school dinners?

Year 2



Year 2 practised more of their chopping skills this year. They also learnt how to safely pierce fruit through a skewer and made beautiful rainbows and repeating patterns using the colourful fruit. They also made a mouth-watering Mexican salsa for their nachos. The children had the opportunity to grate boiled eggs when they made tasty egg and cress sandwiches.





Year 3

Year 3 had a wonderful time making fruit-topped bagels, tuna salad sandwiches and rainbow couscous. They found out about how the texture of the couscous changes after it's cooked and made some interesting predictions beforehand.



Year 4

Year 4 had a very competitive first lesson making fruit-topped rice cakes. The theme was 'Food is Art' and a winner was chosen from each group for best presentation. They also made delicious vegetable stir-fried noodles and were very sensible when using the blenders to make their smoothies.



Year 5

Year 5 were brilliant at learning how to follow recipes independently and developing their collaborative cooking skills. They made a delectable tomato basil pasta salad, corn and courgette fritters and veggie fajitas. They were very good at using the electric pans safely.



Year 6

Year 6 were experts at collaborative cooking and were expected to follow recipes independently. They made scrumptious apple and pear crumble, pan-fried chick-peas and banana pancakes.

