



COOKING & NUTRITION

Year	Knowledge	Skills (based on FFLP development of cooking skills)	Vocabulary
EYFS	<p>Where food comes from pupils should know:</p> <ul style="list-style-type: none"> That all food comes from animals or plants That food has to be farmed, grown elsewhere (e.g. home) or caught <p>Food preparation, cooking and nutrition pupils should know:</p> <ul style="list-style-type: none"> That we can eat some foods raw and others we cook Be able to name some fruits & vegetables That everyone should eat at least five portions of fruit and vegetables everyday 	<p>Food preparation and cooking</p> <ul style="list-style-type: none"> To use measuring spoons or cups To use balance scales To sieve flour To know how to spread with the back of a spoon, tearing herbs, beating and shaping (dough) <p>Dishes to prepare and make</p> <p>Brushetta Potato & beetroot salad Seasonal fruit salad Smoothies Milk Rolls</p>	<p>Fruit vegetables Peel skin cook</p>
1	<p>Where food comes from pupils should know:</p> <ul style="list-style-type: none"> That all food comes from animals or plants That food has to be farmed, grown elsewhere (e.g. home) or caught <p>Food preparation, cooking and nutrition pupils should know:</p> <ul style="list-style-type: none"> The five different food groups in the Eatwell plate That everyone should eat at least five portions of fruit and vegetables everyday 	<p>Food preparation and cooking</p> <ul style="list-style-type: none"> To know how to prepare simple dishes safely and hygienically, without a heat source To know how to use techniques such as cutting, grating kneading To use the 'claw' knife technique independently <p>Dishes to prepare and make</p> <p>Salad – fruit or savoury (broccoli & bean) Sandwiches Pizza – adding toppings (spreading with back of spoon) Biscuits / cake all in one (using cutters for biscuits) Breadsticks Twice baked jacket potatoes</p>	<p>Fruit, vegetables, healthy, unhealthy, protein, ingredients carbohydrates, meat, dairy, fats, cook, peel, grating, cutting, flesh, skin, seed, pip, core, slicing, peeling, squeezing,</p> <p>sensory vocabulary e.g. soft, juicy, crunchy, sweet, sticky, smooth, sharp, crisp, sour, hard</p>
2		<p>Food preparation and cooking</p> <ul style="list-style-type: none"> To know how to prepare simple dishes safely and hygienically, without a heat source To know how to use techniques such as cutting (claw & bridge) grating Learning to prepare for each activity ie preparing the 'set out' To be able to crack and beat an egg 	



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		<p>Dishes to prepare and make Healthy wraps Scones e.g. cheese and chive</p> <p>Cooking pasta/ salad Garden salad – washing ingredients Super sandwich – cutting bread Very Berry Muffins – weighing</p>	
<p>3</p>	<p>Where food comes from pupils should know:</p> <ul style="list-style-type: none"> That food is grown (tomatoes, wheat, potatoes), reared (pigs, chickens and cattle) and caught (fish) in the UK, Europe and the wider world <p>Food preparation, cooking and nutrition pupils should know:</p> <ul style="list-style-type: none"> That a healthy diet is made up from a variety and balance of different food and drink That to be active and healthy, food and drink are needed to provide energy for the body 	<p>Food preparation and cooking</p> <ul style="list-style-type: none"> To know how to prepare and cook a variety of dishes safely and hygienically including, where appropriate, the use of a heat source (predominantly savory dishes) To know how to use techniques such as cutting (claw & bridge) slicing, grating, mixing, spreading (with a knife), kneading and baking. To know about knife safety To weigh ingredients To use a jug to measure liquids <p>Dishes to prepare and make Baking bread (small rolls) – kneading Vegetable kebabs Soup Blackberry & Pear crumble – weighing Tomato & Basil tartlets – using cutters for pastry Salads (bean / potato) – knife safety Bacon & Courgette Muffins</p>	<p>Fruit, vegetables, healthy, unhealthy, protein, carbohydrates, meat, dairy, fats, balanced diet, energy, variety, cook, peel, grating, cutting, mixing, spreading, kneading, baking, heating, cooling, rising,</p> <p>name of products, names of equipment, utensils, techniques and ingredients, texture, taste, sweet, sour, hot, spicy, appearance, smell, preference, greasy, moist, cook, fresh, savoury hygienic, edible, grown, reared, caught, frozen, tinned, processed, seasonal, harvested healthy/varied diet</p>
<p>4</p>		<p>Food preparation and cooking</p> <ul style="list-style-type: none"> To know how to prepare and cook a variety of dishes safely and hygienically including, where appropriate, the use of a heat source (predominantly savory dishes) To know how to use techniques such as slicing, grating, mixing, spreading, kneading, peeling and baking (rubbing in). To understand how to manage the oven To use digital or spring balance scales <p>Dishes to prepare and make</p>	



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		<p>Wild horse Red salad – cooking rice knife safety Butternut basil bread – weigh ingredients kneading Flavoured bread e.g. cheese rolls, tomato and olive etc. Apple & Cinnamon Muffins Couscous – knife safety Vegetable Bake – seasonal vegetables weighing Rhubarb and orange fool or crumble Raisin Bread</p>	
<p>5</p>	<p>Where food comes from pupils should know:</p> <ul style="list-style-type: none"> • That seasons may affect the food available • How food is processed into ingredients that can be eaten or used in cooking <p>Food preparation, cooking and nutrition pupils should know:</p> <ul style="list-style-type: none"> • That recipes can be adapted to change the appearance, taste, texture and aroma 	<p>Food preparation and cooking</p> <ul style="list-style-type: none"> • To know how to prepare and cook a variety of dishes safely and hygienically including, where appropriate, the use of a heat source (predominantly savory dishes) • To know how to use techniques such as peeling, slicing, grating, mixing, spreading, whisking, kneading and baking. <p>Dishes to prepare and make</p> <p>Tomato & Basil salad – knife safety Focaccia – weighing flour kneading Stuffed Peppers/caribbean red pepper salsa – knife safety Roasted Vegetable coucous – prepare couscous Peach & Raspberry Crunch – weigh ingredients Apple Galettes – Divide and roll pastry</p>	<p>Fruit, vegetables, healthy, unhealthy, balanced diet, energy, variety, seasons, weather, processed, appearance, taste, texture, aroma, nutrients, fibre, cook, peel, grating, cutting, mixing, spreading, kneading, baking, heating, cooling, rising,</p>
<p>6</p>	<ul style="list-style-type: none"> • That food and drink contain different substances- nutrients, water and fibre- that are needed for health 	<p>Food preparation and cooking</p> <ul style="list-style-type: none"> • To know how to prepare and cook a variety of dishes safely and hygienically including, where appropriate, the use of a heat source (predominantly savory dishes) • To know how to use techniques such as peeling, slicing, grating, mixing, spreading, kneading and baking. • To use a hob (with adult supervision) <p>Dishes to prepare and make</p> <p>Harvest Vegetable soup – prepare veg / peeling and cutting Pizza – weighing kneading Scones – weighing Apricot parcels – working with filo pastry Lavender Shortbread Spinach & Cheese Bread</p>	<p>ingredients, yeast, dough, bran, flour, wholemeal, unleavened, baking soda, spice, herbs, fat, sugar, carbohydrate, protein, vitamins, nutrients, nutrition, healthy, varied, gluten, dairy, allergy, intolerance, savoury, source, seasonality utensils, combine, fold, knead, stir, pour, mix, rubbing in, whisk, beat, roll out, shape, sprinkle, crumble</p>