

Progression – Food

Year 1

Children begin to learn about healthy eating (specifically the importance of breakfast and 5 A DAY) and where some of their food comes from. They begin to use basic equipment such as knife, chopping board, bowls and spoons safely.

Year 2

Children apply their knowledge of healthy eating through ingredient selection. They learn about dietary needs and learn how to modify/plan a dish which considers user needs eg. Vegetarian. Children will use basic equipment to prepare a dish and begin to evaluate their product.

Year 3

Children will research how bread from around the world fits into a healthy diet. They will discover how different ingredients are produced and taste how one product (bread) can taste different based on how it is made. Students will develop further cooking skills eg, mixing, kneading, rolling and baking through the planning and making of their own bread.

Year 4

Children design a product for an intended user based on research. They develop their knowledge of food in relation to food groups and proportions and begin to develop an understanding that multiple food groups can be incorporated into one dish. They look at seasonal ingredients and practise their cooking skills by using seasonal ingredients to make and evaluate their own dish.

Year 5

Children will explore a variety of salads and salad ingredients associated with different countries around the world. They learn about the importance of fibre in a healthy and varied diet and use research to design a salad for a specific recipient. Children develop their cutting skills, using a bridge hold and claw grip to ensure the safe preparation of their design with increased independence.

Year 6

Children learn about nutrients and their role in a healthy, varied diet. They will explore nutritional labels and learn how to use these to make good choices about what they eat, with a particular focus on reducing fat intake. Students will apply their knowledge of ingredients and use a range of cooking skills to design and make a healthier version of *on the go* food. Children will evaluate their product in relation to the design criteria.