

D&T Cooking and Nutrition

Curriculum Map. In Primary Phase each class will participate in one cooking and nutrition topic per year.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	<p>Memory Box Decide what types of food would be good for their teddy bears' picnic, making a shared shopping list. Make simple, healthy sandwiches for young children, creating a balance of sweet and savoury fillings. Understand that food will come from plants and animals. Name some foods and begin to sort them into the 5 groups. Know that everyone should try to eat 5 portions of fruit and veg a day. Select and use appropriate fruit and vegetables, processes and tools eg grating, peeling and cutting Use basic food handling, hygienic practices and personal hygiene Vocabulary fruit and vegetable names, names of equipment and utensils, sensory vocabulary e.g. soft, juicy, crunchy, sweet, sticky, smooth, sharp, crisp, sour, hard, flesh, skin, seed, pip, core, slicing, peeling, cutting, squeezing, healthy diet, choosing, ingredients,</p>					

	<p>planning, investigating tasting, arranging, popular, design, evaluate, criteria</p>					
2	<p>Muck, Mess and Mixtures Taste a range of foods and drinks from around the world and describe the flavours. Sort a range of foods in different ways to show where they have come from. Explain how and why foods have been sorted in a specific way. Sorting healthy and unhealthy meals. Make healthy meal. Understand that all food comes from plants or animals. Develop and understanding of where different food comes from and food which is native to different countries. Understand how to name and sort groups into 5 groups. Recognise need for a varied diet. Follow safe procedures for food safety and hygiene Demonstrate how to prepare simple dishes safely and hygienically without a heat source. Demonstrate skills such as cutting, Peeling and grating. Vocabulary fruit and vegetable names, names of equipment and utensils, sensory vocabulary e.g. soft, juicy, crunchy, sweet, sticky, smooth, sharp, crisp, sour, hard, flesh, skin, seed, pip,</p>					

	<p>core, slicing, peeling, cutting, squeezing, healthy diet, choosing, ingredients, planning, investigating tasting, arranging, popular, design, evaluate, criteria</p>					
<p>3</p>	<p>Scrumdiddlyumptious Explore a range of fruit and veg and where it comes from. Take part in baking activities that need accurate weighing and measuring. Follow simple instructions or recipes, planning the ingredients and tools needed. Sort foods into the main food groups using hoops and baskets. Create a plan for a nutritional packed lunch box or picnic</p> <p>Know that food is grown, caught and reared in the UK, Europe and the wider world.</p> <p>Understand how to use a range of techniques such as peeling, chopping, cutting, spreading, slicing and grating</p> <p>Use a vegetable knife</p> <p>Know that to be healthy and active food and drink are requires to provide energy</p> <p>Vocabulary</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,</p>					

	harvested healthy/varied diet, planning, design criteria, purpose, user, annotated sketch, sensory evaluations					
4		<p>Burps. Bottoms and Bile Adapt popular recipes to make healthier snack options. Make vegetable wedges instead of chips and sugar free cakes sweetened with fruit. Put the foods to the test, describing how they taste and which they prefer. Find out which foods contain the most sugar by studying packaging and labels. Focus in particular on foods sold as healthier options. Make snack packs containing healthy options that support digestive health. Identify where food sources originate.</p> <p>Know that food is grown, caught and reared in the UK, Europe and the wider world</p> <p>Understand how to cook predominately savoury dishes , including having experience of using a heat source.</p> <p>Understand how to use a range of techniques such as peeling, chopping. Grating, mixing, spreading, kneading and baking.</p> <p>Measure and weigh ingredients accurately.</p> <p>Understand why a healthy diet is important,</p> <p>Know that to be healthy and active food and drink are needed for growth and energy</p>				

		<p>Vocabulary 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, planning, design criteria, purpose, user, annotated sketch, sensory evaluations</p>				
5					<p>Early Islamic Civilisation Collect recipes of food children eat at home. Explore where ingredients originate and possible reasons why (climate etc) Make food using a range of techniques. Consider how the food contributes to a balanced diet. Evaluate the food. Begin to explain how ingredients are grown, reared and caught in the UK, Europe and the wider world. Understand that seasons may affect the availability of food. Know how to prepare and cook a variety of predominantly savoury dishes including with the use of a heat source.</p>	

					<p>Demonstrate increasing confidence in how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking. Evaluate a meal they have made and consider how it contributes towards a balanced diet. Recognise that different food and drink contain different substances that are needed for health. Begin to select and use appropriate tools and equipment, including for weighing and measuring</p> <p>Vocabulary</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, design specification, innovative, research, evaluate, design brief</p>	
6	<p>A child's war Find and make popular wartime foods. Collect and preserve fruits, make jam, pickles, eggless sponge cake, Woolton pie, apple crumble and spam fritters. Find out what children might have</p>					

eaten during the course of a single week.

Explain how ingredients are grown, reared and caught.

Understand that seasons may affect the availability of food and what types of food are seasonal in Britain

Prepare and cook a variety of predominantly savoury dishes safely and hygienically including with the use of a heat source.

Confidently use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking.

Know different food and drink contain different substances that are needed for health.

Use appropriate tools and equipment, weighing and measuring accurately.

Consider the costs (financial and environmental) when planning a healthy and affordable meal

Vocabulary 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, design specification, innovative,

	research, evaluate, design brief					
7	Introduction to food hygiene, health and safety, risk assessment. Knife safety. Fresh fruit and vegetable preparation.	Safe and correct use of the cooker, design work to encourage individuality and diversity. Nutrition-The Eatwell Plate.	Developing creative, technical and practical expertise, learning to evaluate and test ideas, products and to peer assess the work of others.	Introduction to food hygiene, health and safety, risk assessment. Knife safety. Fresh fruit and vegetable preparation.	Safe and correct use of the cooker, design work to encourage individuality and diversity. Nutrition-The Eatwell Plate.	Developing creative, technical and practical expertise, learning to evaluate and test ideas, products and to peer assess the work of others.
8	Building on knowledge and understanding, refreshing knowledge of food hygiene, risk assessment, health and safety.	Developing creative, technical and practical skills with more complex dishes. Safe and hygienic preparation and production of dishes using raw meat products.	Building on their understanding of nutrition through investigating the nutrients, how these function in the diet, where good sources can be found. Testing and evaluating their ideas and developing improvements.	Building on knowledge and understanding, refreshing knowledge of food hygiene, risk assessment, health and safety.	Developing creative, technical and practical skills with more complex dishes. Safe and hygienic preparation and production of dishes using raw meat products.	Building on their understanding of nutrition through investigating the nutrients, how these function in the diet, where good sources can be found. Testing and evaluating their ideas and developing improvements.
9	RSPH Food Hygiene course. For 2021/2022 only Fit to live project to develop understanding of how the body utilises the food it consumes.	Fit to live project to develop understanding of how the body utilises the food it consumes. continued	Building on practical skills as well as testing and evaluating to make dish adjustments to suit different dietary needs.	RSPH Food Hygiene course.	Fit to live project to develop understanding of how the body utilises the food it consumes.	Building on practical skills as well as testing and evaluating to make dish adjustments to suit different dietary needs.
10	GCSE-building on previous knowledge of nutrition with greater understanding of all nutrients, their functions, sources, effects of over and under nourishment.	Building on practical skills to be able to demonstrate some of the 12 key skills through the small equipment project.	Food choices, provenance, the environment	Sensory analysis and how to evaluate	Practise NEA1	Practise Nea2

11	GCSE- task 1 the NEA Investigative task	Introduction of NEA2 the practical task	Planning and preparation for the Practical exam component of NEA2	Revision and testing of the 5 areas:- Food Nutrition and Health Food Science Food Safety Food Choice Food Provenance.	Revision and testing of the 5 areas:- Food Nutrition and Health Food Science Food Safety Food Choice Food Provenance.	Preparation for the theory examination.

National Curriculum Cooking and Nutritions

Key Stage 1

Use the basic principles of a healthy and varies diet to prepare dishes.

Understand where food comes from.

Key Stage 2

Understand and apply the principles of a healthy and varied diet.

Prepare and cook a variety of predominately savoury dishes using a range of cooking techniques.

Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.