

Design and Technology Curriculum Journey

Food and Nutrition

Reception

I **can** understand some food preparation, tools, techniques and processes.
 I **can** practice stirring, mixing, pouring and blending.
 I **am beginning** to understand that eating well contributes to good health.

Year 2

I **can** describe properties of ingredients and the importance of varied diet.
 I **can** say where food comes from (plant or animal).
 I **can** cut, peel and grate with increasing confidence.

(APPLE CRUMBLE)

Year 4

I **can** explain how to be safe and hygienic.
 I **can** think about presenting the product in an interesting and attractive way.
 I **can** prepare and cook some savoury dishes safely and hygienically.
 I **can** use some of the following techniques: peeling, chopping, slicing, grating, mixing, spreading, kneading and baking.

(SWEET/SAVOURY PANCAKES)

Year 6

I **understand** a recipe can be adapted by adding and/or substituting ingredients.
 I **can** adapt recipes to change appearance, taste, texture or aroma.
 I **can** prepare and cook a variety of savoury dishes safely and hygienically including, where appropriate, the use of heat source.

(BREAD)

Year 1

I **can** discuss how fruit and vegetables are healthy.
 I **can** cut, peel and grate safely, with some support.
 I **can** describe textures.

(FRUIT KEBABS)

Year 3

I **can** carefully select ingredients.
 I **can** use equipment safely.
 I **am confident** to use some of the following techniques: peeling, chopping, slicing, grating, mixing, spreading, kneading and baking.

(VEGETABLE SOUP—LINKED TO THE IRON AGE)

Year 5

I **can** present the product well making sure it is interesting, attractive and fit for purpose.
 I **can** describe how recipes can be adapted to change appearance, taste, texture and aroma.
 I **can** prepare and cook some savoury dishes safely and hygienically including, where appropriate, use of heat source.

(COUS COUS SALAD)

Year 7

I **understand** the principles of nutrition and health.
 I **can** cook a repertoire of predominantly savoury dishes that are healthy.
 I **can** use a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes].